

# SEVEN DAYS SEVEN RAYS

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A WEEK OF KUNDALINI YOGA

BY RAVI SINGH

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[www.archive.org/details/namdhari](http://www.archive.org/details/namdhari)

*This Book is  
Lovingly Dedicated to  
Yogi Bhajan,  
Whose Sacrifice,  
Unprecedented Mastery,  
Inspiration, and Support,  
Have Made This  
Project Possible.*

## SPirit MANIFESTO

*We seek sweet surrender  
So that our spirits, born of fire, elevators of ecstasy may rise.  
We are orphans of an eclipse but shall love and go on loving  
And celebrate the pedestrian and the pure.  
We are expatriates of the established order.  
Desirous to be the architects of all possibilities.  
And menders of hearts.  
Living on purpose so that a sheer music shall ring through our words.  
Wielding the hammers of heaven in rhythmic existence  
Like the molecular applause of emeralds  
To liberate our hungers and transform them  
Crafting chaos into freedom  
And emotion into fiery devotion.  
  
We love beauty and will hold her in our human arms  
Until Death becomes dust  
And energy returns to the Sender.  
And the day goes down like canaries on fire.  
Our flag is a vast and curving canvas of stars  
And we want to be swept away  
To Timbuktu or Santa Fe.  
  
O great and glorious unknown infinite integer.  
Pearl of arcane distances in a baby's breath.  
Bestower of the grants of grace.  
Replace our dolor with the joyous and carefree.  
You obtain us once again.*

-Ravi Singh

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## INTRODUCTION

**T**HIS BOOK WILL GIVE YOU THE MEANS TO PRACTICE KUNDALINI YOGA EVERY DAY. IN DOING SO, YOU WILL BE ABLE TO CAPITALIZE UPON THE PREVAILING ENERGY OF EACH DAY. IN THE COURSE OF A WEEK EVERY ASPECT OF THE TOTAL YOU WILL BE ADDRESSED, TOWARDS COMPLETENESS AND BALANCE IN LIFE.

KUNDALINI YOGA IS THE ANSWER! TO WHAT? TO THE INQUIRY YOU INITIATED BY DELVING INTO THIS BOOK. "IS THERE A VIABLE ALTERNATIVE TO THE ALL-BODY, NO-BRAINS APPROACH TO FITNESS AND HEALTH?" "IS IT TRULY POSSIBLE TO FEEL GOOD, BE HAPPY, AND EXPAND THE SCOPE OF MY LIFE?" "I'VE ALWAYS FELT THAT THERE MUST BE SOMETHING MORE; IS THAT SOMETHING I CAN TRULY EXPERIENCE?"

KUNDALINI YOGA RESPONDS WITH AN UNQUALIFIED YES TO EACH OF THOSE QUESTIONS. BECAUSE TALK IS CHEAP AND THIS BOOK WASN'T, I'M NOT GOING TO BURDEN YOU WITH AN UNNECESSARY PREAMBLE. THE PERSON WHO ACTUALLY GETS DOWN ON A MAT AND DOES JUST ONE EXERCISE, IS MORE OF AN EXPERT THAN SOMEONE WHO'S READ OR EVEN WRITTEN A HUNDRED BOOKS.

I'VE TRIED TO MAKE THIS BOOK AS USER-FRIENDLY AS POSSIBLE. EVEN SO, IT'S IMPORTANT THAT YOU TRY AND TAKE A CLASS FROM A QUALIFIED KUNDALINI YOGA TEACHER. THIS WILL ENABLE YOU TO GET A BETTER FEELING FOR THE RHYTHMS AND OVERALL AMBIANCE OF KUNDALINI YOGA. THE NEXT BEST STEP WOULD BE TO OBTAIN A KUNDALINI YOGA VIDEO (*SEE PRODUCT LIST*).

WHEN PEOPLE CALL ME REGARDING YOGA CLASSES, I'M INVARIABLY ASKED HOW OFTEN YOU SHOULD DO KUNDALINI YOGA. AT THE ONSET OF YOUR PRACTICE, DOING KUNDALINI YOGA EVEN ONCE A WEEK WILL MAKE A DEFINITE DIFFERENCE IN YOUR LIFE AND HEALTH. THE IDEAL, THOUGH, IS TO DO YOUR PRACTICE EACH DAY. TRUE WORK ON YOURSELF IS A DAY-TO-DAY AFFAIR. IN ADDITION, YOUR BODY, MIND, AND BEING, HAVE A DAILY NEED FOR WHAT THIS WORK DOES FOR YOU.

## A (VERY) BRIEF HISTORY OF KUNDALINI YOGA

The process of Kundalini is Universal. Although the labels differ, spiritual methodologies, dance forms, and symbolism from the traditions of Africa, China, Egypt, Europe, as well as those of other native peoples, recognize and revere the same energy of Spirit.

Kundalini Yoga as presented in this book saw its most complete fruition in India. The source of the great river of these teachings is actually the confluence of three streams:

The Nath tradition stressed the technology of the sacred (yoga).

The Sant tradition focused on reverence for the guru or Teacher. (It's important to note in the Kundalini Yoga tradition, the Guru is considered to be a vibratory effect, the flow of the Teachings themselves, not the transmitter.)

The Bhakti tradition celebrated an ecstatic and fiery devotion to the Beloved.

Kundalini Yoga was first taught in the U.S. by Yogi Bhajan (see appendix 3 for more information). To increase your understanding of the historic precedents of Kundalini Yoga, I also encourage you to research the tenets of Sikhism and the lives and writings of the 10 Sikh Gurus. As mirrored by that lineage, Kundalini Yoga blends the life of the household-er with the ascetic sensibility of the exclusive yogi, the discipline of the soldier with the compassion and vision of the Saint. The merger of these opposites, we feel, represents a perfect synthesis. We believe that Infinity is personal but mysterious. We want to have the humility to serve and the majesty to inspire. We want to have it all so that we can share with all. We want the courage and consciousness to put our bodies on the line to be Divine.

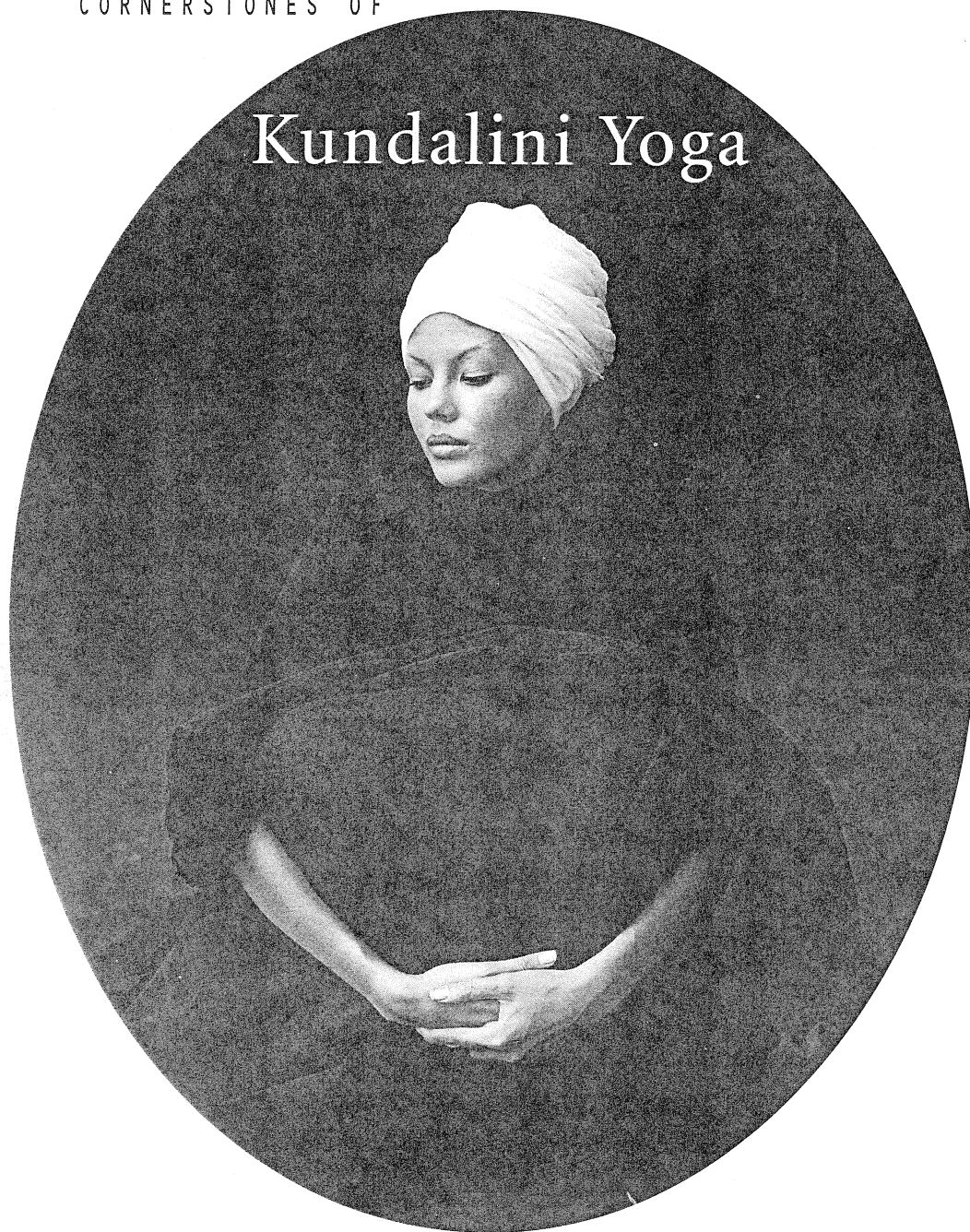
*POEM*

*Bees in the garden of space.  
Comfrey and clover.  
I have waited until today.  
The red dog intrudes.  
"Casper come here."  
Meteor showers in the pre-dawn.  
And now the sun is gone.  
It is not night.  
The clouds just came.  
Secretly made a quilt for your Name.*

*- Ravi Singh*

CORNERSTONES OF

# Kundalini Yoga



# DO'S & DON'T'S

**WEAR COMFORTABLE CLOTHES YOU CAN MOVE IN.** Natural fibers are best.

**WHEN POSSIBLE, DO YOGA IN CLEAN AND ACCOMMODATING ENVIRONMENTS.** Remember, there are techniques in Kundalini Yoga that you can use anywhere, whether in your Dentist's waiting room, while waiting to tee off at the golf course, or in the wings before a performance.

**IT'S BEST TO DO YOGA BAREFOOT** so the nerve endings in your feet can breathe.

**KEEP YOUR SPINE AND SHOULDERS COVERED** (with a shawl, blanket, or sweater) while doing any kind of extended meditation.

**DON'T EAT 2-3 HOURS BEFORE PRACTICING YOGA.** If you're famished, something light, like a piece of fruit, is okay.

**NEVER PRACTICE YOGA UNDER THE INFLUENCE** of drugs or alcohol. If taking medication, consult your physician before proceeding.

**DON'T AGGRAVATE AN EXISTING INJURY.** If you're creative, you can work around it and ultimately help the healing process. If you have a chronic or congenital injury, disability, or mental/physical illness, please follow the advice of a qualified health professional.

**KEEP UP!** If there's a philosophy which best serves as the underpinning for this system, it's probably best summed up in these two words. In the context of an exercise, or in trying to maintain a discipline in your life, you're bound to meet resistance (as your old habits try to assert themselves). Cultivate a habit of doing more than you thought you could. This is when the real payoff comes. Also, let common sense be commensurate with your strivings.

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7

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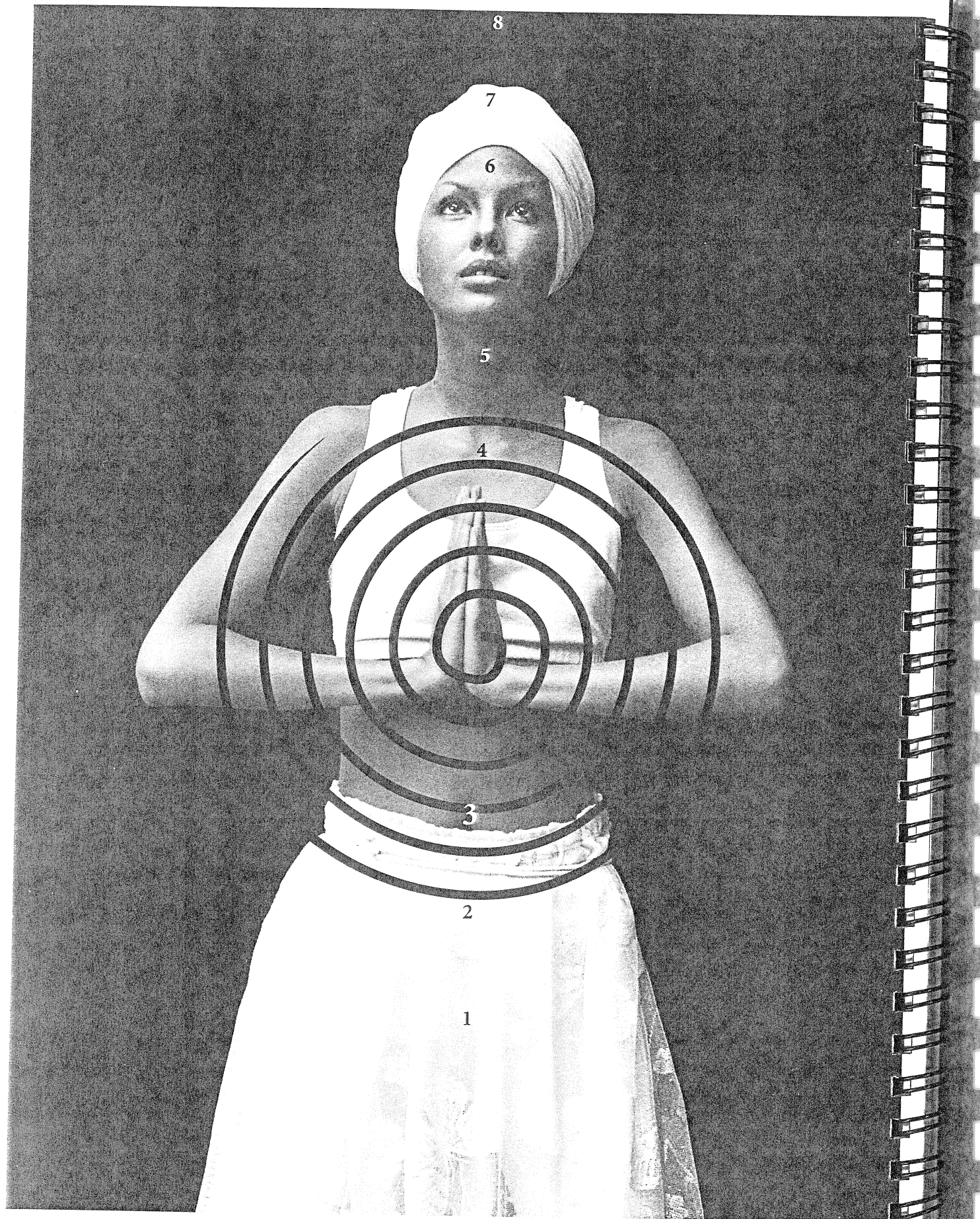
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## COMING TO TERMS

### KUNDALINI

In the yoga tradition, *Kundalini* means coiled-up, referring to a dormant force which is the source of all energies in us. Through practice of Kundalini Yoga we are able to gracefully access this inner power of our higher potential and be vital and aware.

### YOGA

Yoga means Union. Through the practice of Yoga we want to unite ourselves to our higher selves and live in balance.

### CHAKRA

These energy centers along the spine are metaphysical counterparts of important nerve centers or glands. It's a common mistake to think that the purpose of Kundalini Yoga is to raise your energy to the top of the head. In fact, we want to allow for the free flow of energy throughout all the centers to match the reality of any circumstance with consciousness and grace.

*The chakra system is only one of many models which Kundalini Yoga uses to map the body / mind / spirit construct.*

## YOGA FUNDAMENTALS

WHAT FOLLOWS ARE THE COMPONENTS OF THIS WORK WHICH SERVE AS THE UNDERPINNING FOR THE EXERCISES AND MEDITATIONS IN KUNDALINI YOGA. THEY INCLUDE: BREATHING, FOCUS OF THE EYES, MENTAL FOCUS, AND HAND AND/OR BODY POSITIONS.

**AIR TRAFFIC CONTROL** According to yoga, breath not only sustains your life (i.e., fuels your metabolism), but can be used to increase the quality and scope of your life. Breath is considered to be a conveyance for energy. Yogi Bhajan has called breath the "Tender charge of the Divine." Kundalini Yoga utilizes the science of breath in an incredibly sophisticated way.

In Kundalini Yoga, all breathing (both the inhale and exhale) is done through the nose unless otherwise specified. This is because the nose has tiny hairs which filter impurities from the breath. Also, when you breathe through your nose, specific nerves and energy flows are stimulated. Physiologically, your nose is more directly connected to your lungs, and your mouth to your stomach.

There are many types of breathing patterns in Kundalini Yoga. The four most common are Breath of Fire, Long Deep Breathing, Long Light Breathing, and Segmented Breathing.

Each of these different modes of breathing is most appropriate in certain contexts. As you will see, the breath to be used is indicated in the instructions accompanying each exercise. Try to familiarize yourself with the various breathing patterns, so you won't have to refer back to this section in the middle of your workout.

## LONG DEEP BREATHING

Long deep breathing is a tonic for the body and mind. It's also called diaphragmatic breathing because the diaphragm expands on each inhale to create space for the breath to fill. In preparation for a deep breath, you must first allow yourself to be relaxed, from your face and throat, down through the pelvic floor.

A deep inhale is not necessarily forceful. To breathe properly you may need to retrain yourself. Most people breathe only with the upper third of their lungs. Patterns of tension in the musculature notwithstanding, correct breathing is a very natural process. Relax and let yourself be breathed!

### THESE ARE SOME OF THE EFFECTS OF LONG DEEP BREATHING:

LONG DEEP BREATHING IS A TONIC FOR THE NERVOUS SYSTEM.

IT CREATES MICRO-MOVEMENTS IN THE SPINE TO ADJUST YOU.

EMOTIONAL HOLDING PATTERNS IN THE MUSCULATURE ARE RELEASED.

IT RESTORES A PROPER PH BALANCE IN THE BLOODSTREAM.

LONG DEEP BREATHING MASSAGES THE INNER ORGANS.

### THE BREATH TEST

Lie on your back with your feet flat and knees bent. Place your hands on your diaphragm with your palms flat, no space between the fingertips. Relax your stomach and inhale through your nose. Your fingers should separate as the abdomen expands. Exhale through your nose, pulling your navel in slightly to facilitate the complete voiding of air, so as to prepare for the next inhale. Practice this until you're able to breathe deeply without having to strain.

## LONG LIGHT BREATHING

Long Light Breathing should be part of your Kundalini Yoga toolbox. This breath is not raspy. It resembles silk thread: long and smooth. You can press the underside of the tongue against the roof of the mouth to restrict and thus lengthen the slow flow of the breath. When you breathe long and lightly, the breath is audible only to you.

Practice Long Light Breathing until you are able to inhale for 15 seconds and exhale for 15 seconds, smoothly and easily. Long Light Breathing is a tool to achieve calmness. If you can train yourself to breathe consistently eight times per minute or less, you will become saintly and serene.

## BREATH OF FIRE

Breath of Fire is a very important and powerful tool in Kundalini Yoga. It's a rapid rhythmic breath through the nose which puts an equal emphasis on the inhale and exhale. Breath of Fire is not deep or forceful. In many ways it resembles sniffing. Even though it's a shallow breath, you'll find your navel and diaphragm moving in rhythm with the breath.

Initially your nose may actually sting or burn the first few times you do Breath of Fire. This simply means that you are eliminating toxins via the nervous system.

### THESE ARE SOME OF THE EFFECTS OF BREATH OF FIRE:

IT OXYGENATES THE BLOOD, SO THAT YOUR BODY CAN DETOXYFY MORE EFFECTIVELY,  
AND REGENERATE ITSELF.

IT CREATES WHAT'S BEEN CALLED A PHASE LOCK OR HARMONIC RESONANCE AMONG ALL SYSTEMS AND ORGANS. IN  
OTHER WORDS, BREATH OF FIRE CREATES AN OVER-RIDING RHYTHM WHICH ALL YOUR INTERNAL RHYTHMS ADHERE  
TO. THIS IN TURN PUTS YOU IN SYNC WITH YOURSELF, AND YOUR ENVIRONMENTS.

BREATH OF FIRE ACTIVATES THE ENERGY FLOWS IN THE BODY. ONE MINUTE OF BREATH OF FIRE IN A POSE OR  
EXERCISE, ENGENDERS INTERNAL EFFECTS THAT WOULD HAVE TAKEN UP TO AN HOUR WITH NORMAL BREATHING.

WHEN DONE ON A REGULAR BASIS, BREATH OF FIRE WILL PREVENT THE BUILD-UP OF POLLUTANTS IN THE LUNGS.

TECHNIQUES LIKE BREATH OF FIRE ARE IDEAL FOR THOSE OF US WHO DON'T HAVE HOURS A DAY TO DO YOGA.  
THEY GIVE US MAXIMUM BENEFITS IN A VERY SHORT TIME.

## SEGMENTED BREATHING

This technique involves breathing in increments. There's always a specific ratio of breaths per inhale/exhale. A typical energizing breath might entail inhaling in four equal parts and exhaling in four equal parts.

## BREATH & MOVEMENT

Many of the exercises in Kundalini Yoga involve breathing in conjunction with specific movements. Breathe and move with vigor in a rhythmic and relaxed way.

**THE EYES HAVE IT** When you shift the focus of your eyes, you actually stimulate different areas of the brain. Throughout each class, your eyes are closed, focusing up and in towards a point, on a line between the eyebrows, an inch above the bridge of the nose. This is called the Third Eye Point and is considered to be the metaphysical counterpart to the pituitary gland.

When you focus up towards the brow during and between the exercises, you focus the energy of the exercise and raise its frequency for more powerful and immediate benefits.

Open your eyes a bit and gaze down towards the tip of the nose if gazing up towards the brow is too uncomfortable.

**SOUNDS OF SILENCE** *Mantras* are Universal sounds, in effect, digitalized aspects of the Infinite, each of which has a predetermined vibratory effect. These special sounds are repeated mentally or out loud for mental focus and to relax and uplift you.

*The word mantra means mind wave. Mantras clear subconscious debris so that you can be clear.*

*Figure 1:*



**T**HERE ARE SCORES OF MANTRAS IN KUNDALINI YOGA. THE ONE MOST WIDELY USED IS SAT NAM. IT MEANS, "TRUE IDENTITY, OR THE HIGHEST FREQUENCY WHICH YOU IN ESSENCE EMBODY." USE THE SOUND SAT NAM (IT RHYMES WITH "BUT MOM") TO CONCENTRATE AND RESONATE WITH, DURING AND BETWEEN THE EXERCISES. AS YOU INHALE THINK, "SAT " AND AS YOU EXHALE THINK "NAM." IF YOUR MIND WANDERS, BRING IT BACK, AGAIN AND AGAIN. SAT NAM IS CONSIDERED A BIJ (SEED) MANTRA. AS OF THE VERY FIRST TIME YOU SAY OR THINK IT, YOU PLANT A SEED OF SPIRIT IN THE FERTILE FIELD OF YOUR BEING. THEN YOUR LIFE BLOSSOMS AND THE FRAGRANCE OF TRUTH PERMEATES EVERYTHING YOU DO AND ARE.

**POSITIONS AND ATTITUDES** In Kundalini Yoga there are a number of hand and body positions which are used to direct energy along certain lines. These are called *mudras*. While meditating, unless otherwise specified, your wrists are on the knees, palms facing slightly up, elbows gently locked (keeping the shoulders relaxed). The index fingers and thumb tips are meeting. This is called *Gyan Mudra* (Figure 1). *Gyan Mudra* helps you to incorporate the experience of the exercises into your practical existence.

Kundalini Yoga is called the Yoga of Awareness. It engenders the sensitivity you need to live your life in a graceful and effective way. In addition, Kundalini Yoga gives you the awareness to be in your body but not bound by it.

In other yoga and exercise systems, proper form is projected onto you from the outside. Of course, we stress correctness but we don't make it an end in itself. Over time, Kundalini Yoga will automatically give you the awareness you need to be your own best Teacher and master every form.

**TIME AFTER TIME** The duration for the exercises and meditations are given as part of the instructions. Most exercises are ideally done for 3 minutes. Standard times for many meditations we do are 11 or 31 minutes. You may need to graduate to these durations over time. Tune in to your body. Don't overdo it, but be willing to do more than you thought you could. That's the balance we seek.

KUNDALINI YOGA IS THE ART AND SCIENCE OF RECONFIGURING TIME. EACH EXERCISE IS NEVER-ENDING, AN ACTIVITY UNTO INFINITY. AS YOU DO EACH TECHNIQUE, CULTIVATE THE DESIRE TO GO ON FOREVER. DON'T SEE EACH EXERCISE AS A CHORE; WANT TO DO MORE! EACH EXERCISE OFFERS YOU AN OPPORTUNITY TO WORK THROUGH THE VERY THINGS THAT WOULD LIMIT YOU IN YOUR LIFE. IN EFFECT, EACH EXERCISE CAN TURN YOUR LIFE AROUND.

SPEAKING OF TIME, THE BEST TIMES TO DO YOUR KUNDALINI YOGA AND MEDITATION PRACTICE ARE BETWEEN 4 AND 7 A.M. AND 4 AND 7 P.M., ALTHOUGH ANY TIME YOU ARE ABLE TO INSPIRE YOURSELF TO WORK ON YOURSELF IS GREAT. WHEN YOU DO A COMPLETE KUNDALINI YOGA SET, YOU LIVE A DAY, BUT DON'T AGE A DAY. CAN YOU DO KUNDALINI YOGA TWICE IN ONE DAY? WITHOUT A DOUBT.

**TUNING IN** We begin each Kundalini Yoga class by reciting a phrase 3 times. The words are: *Ong Namo Guru Dev Namo*. This means, "Infinite Creative Consciousness I call on You. Divine Wisdom Within, I call on You." This is chanted for protection, guidance, and wisdom. It's chanted in a monotone with the syllable *Dev* a minor third higher than the starting note. If you're not in a position to do this out loud, at least say it to yourself. Commencing each session with this *mantra* is an important part of Kundalini Yoga and should not be overlooked.



# LETTING YOURSELF GO

IT'S IMPORTANT TO RELAX ON YOUR BACK AT INTERVALS DURING AND  
AFTER EACH WORKOUT. WHEN RELAXING, YOUR ARMS ARE BY YOUR  
SIDES, PALMS FACING UP.

*Conscious relaxation*

*Is not killing time;*

*It's fulfilling time.*

*Take an inner inventory ,*

*Divest yourself of your holdings.*

*Be witness to the inner unfoldings*

*Of energy and attributes.*

*Don't hold on with your body*

*To the remembrance of things past;*

*Relax at last,*

*Put away the past.*

*Relax and bless you.*

*Allow yourself to simply be*

*In remembrance of Infinity.*

## PROCESSING THE PROCESS

Any kind of self-help regime is exciting and rewarding. Please be aware that when you get to the point in your practice when old patterns and traumas are starting to be processed out, part of you will resist. In the face of that resistance you can either abandon the quest, indulge in the pain, or go forward.

Consider this metaphor: At speeds approaching the sound barrier, a jet plane shimmies and shakes. A pilot needs to accelerate past mach 1 or the plane can literally shake itself apart. Beyond the speed of sound, it's a smooth ride. For the early test pilots, accelerating into the unknown was both harrowing and glorious. That describes what you must do. Once you break through, you create a momentum which is inexorable.

Kundalini Yoga is not cathartic or overwhelming. It's gradual and graceful. Even so, please know that the following may occur: You may be aware of unresolved feelings from the past. You may sweat more than normal while doing your yoga. Your need for sleep may be accentuated. Don't be alarmed if things like this occur. Simply acknowledge what's coming up and persevere with your practice. Phenomena such as these are short-lived and symptomatic of a purification and healing process.

It's very common for students to want to know what every sensation "means." Don't indulge in analyzing the process, but at the same time don't hesitate to speak to your Kundalini Yoga Teacher about what you may be going through.

Kundalini Yoga is especially suited for householders, i.e., those who seek to balance their spiritual lives with outside responsibilities such as jobs and relationships. In fact, having too much time on your hands can actually get in the way. Let the process work itself out through the particulars of your life. This will automatically create the perfect balance for you.

## HOW TO USE THIS BOOK

BEGIN EACH SET BY DOING THE WARM-UP SEQUENCE. THEN DO THE SET FOR THAT DAY. THESE SETS ARE ALSO INTERCHANGEABLE. FOR INSTANCE, YOU CAN DO THE THURSDAY SET ON MONDAY WITHOUT WORRYING ABOUT UPSETTING THE BALANCE OF THE UNIVERSE! ALSO, THE MEDITATIONS AT THE END OF EACH SET, WHILE VERY APPROPRIATE FOR THE SET THEY FOLLOW, ARE ALSO INTERCHANGEABLE. YOU CAN ALSO USE THE MEDITATIONS IN CHAPTER 10 IN THIS MANNER.

### **TO REITERATE, UNLESS OTHERWISE SPECIFIED:**

Begin each set by chanting *Ong Namō Guru Dev Namō* 3 times.

Do each exercise for 3 minutes  
(you may need to build up to this).

Keep your eyes closed, focused up and in towards the brow.

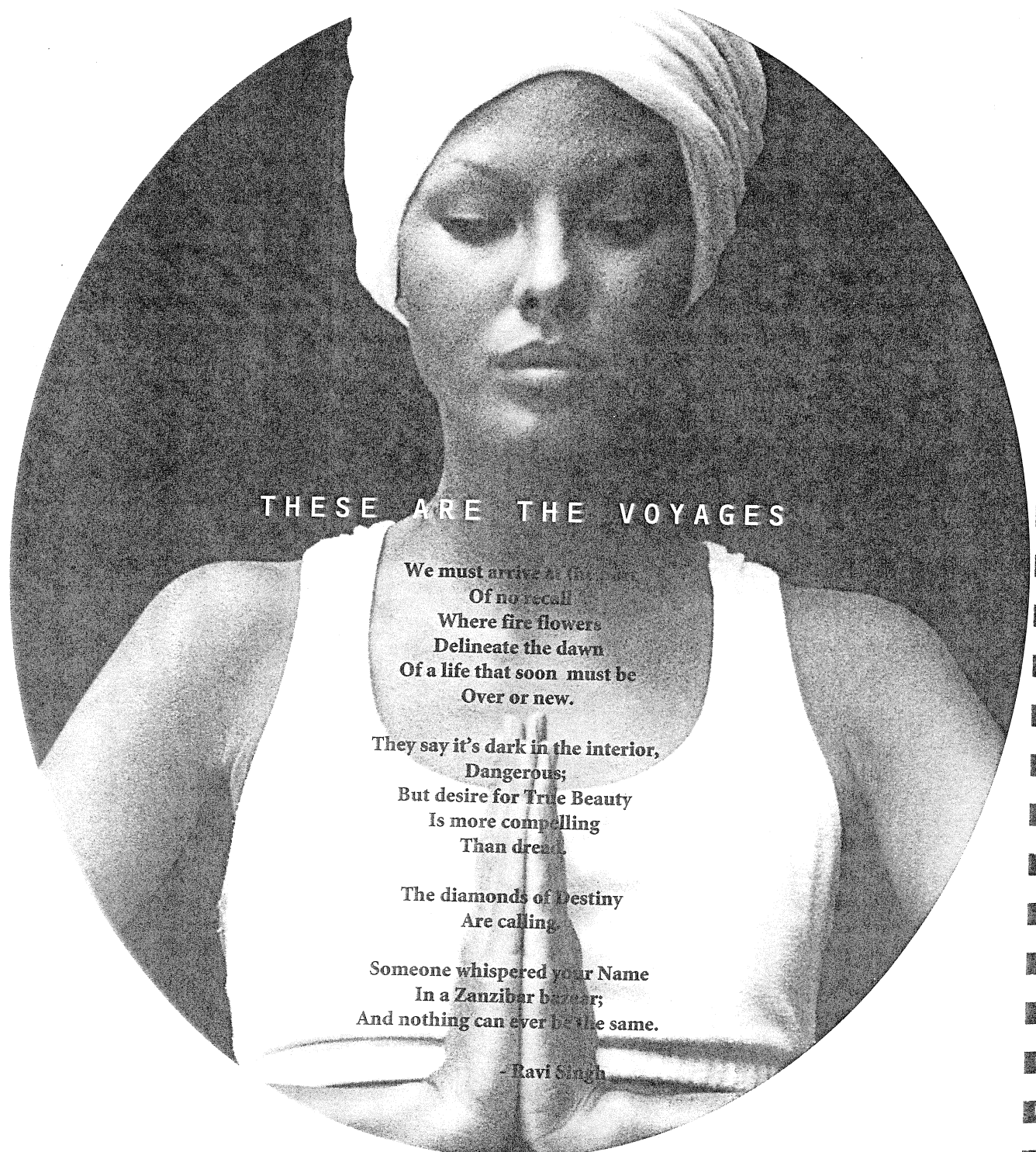
Breathe through your nose.

Inhale and think "*Sat.*," and exhale as you think "*Nam.*"

Do this during and between exercises, with the breath rhythm being used.

Unless otherwise indicated, relax and/or meditate

1-3 minutes after each exercise.



## THESE ARE THE VOYAGES

We must arrive at the end  
Of no recall  
Where fire flowers  
Delineate the dawn  
Of a life that soon must be  
Over or new.

They say it's dark in the interior,  
Dangerous;  
But desire for True Beauty  
Is more compelling  
Than dread.

The diamonds of Destiny  
Are calling.

Someone whispered your Name  
In a Zanzibar bazaar;  
And nothing can ever be the same.

- Ravi Singh

•Your spine must be flexed.  
 •Your nervous system must be  
 de-stressed and strengthened.  
 •Your glands must be recalibrat-  
 ed. •Your magnetic field must be  
 charged. •Your circulatory sys-  
 tem must be stimulated. •Your  
 lymphatic system must be  
 flushed. •Your sciatic nerve  
 must be stretched. •Your navel  
 point must be centered and acti-  
 vated. •The energy centers along  
 the spine must be stimulated.  
 •You must connect with your  
 spirit.

THE FOLLOWING SET IS THE BASE FOR THE SUBSEQUENT SETS IN THIS BOOK. IT ALSO FULFILLS THE FOLLOWING DAILY REQUIREMENTS SO YOU CAN ATTAIN AND MAINTAIN HEALTH, VIBRANCY, AND SPIRIT. EVERY DAY:



1 Have your hands pressed together at the sternum ( Figure 2 ). Chant *Ong Namō Guru Dev Namō* 3X.

*This mantra is for guidance and reverence and exerts a protective influence on behalf of each practitioner.*

2 Please stand. Extend your arms up overhead and hook your thumbs. Inhale as you lean back ( Figure 3 ) and exhale as you lean forward ( Figure 4 ). As you inhale think, "Sat" and you exhale think "Nam."

**Modification:** If your lower back is uncomfortable, bend your knees as you go forward. Also, so as not to get dizzy, you might want to open your eyes as you lean back and close your eyes as you go down.

*This works on overall flexibility and the lungs.*

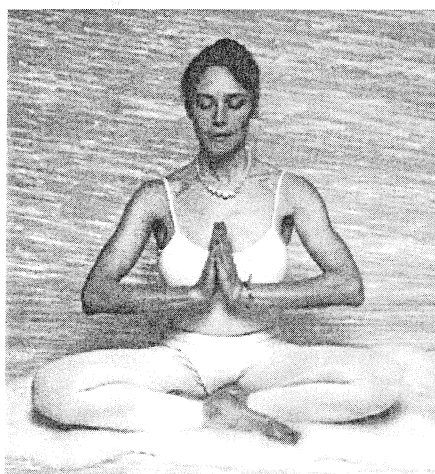


Figure 2: Ong Namō Guru Dev Namō



Figure 3: Inhale



Figure 4: Exhale

3 Sit cross legged. Hold your knees and grind your stomach in a big slow circle around the circumference of the knees ( Figure 5 ). Elongate your lower back. Cultivate a heat in the lower spine.

*This one warms up the lower back .  
It also fires up the inner fire, massages the inner organs ,  
trims the waistline and improves elimination.*

4 Still cross legged. Your hands hold the shins, at points equidistant between the ankles and knees. As you inhale, press your lower back forward ( Figure 6 ). As you exhale curve your lower spine back ( Figure 7 ). We call this one Camel Ride.

Do not bob your head. The movement is a flowing one. Breathe deeply. Use your arm strength to facilitate the flexion motion of the spine.

**Modification:** If your knees rise higher than your sacrum when you sit cross legged, then do this exercise sitting on a pillow. You can also sit on a chair or sofa with your feet flat on the floor and your hips square. If you feel it's indicated, use these options for any exercise which calls for a cross legged position.

*Camel Ride renders the lower spine more pliant and releases  
energy at the 4th vertebra towards self-healing and expansion.*



Figure 5: Grind



Figure 6: Inhale



Figure 7: Exhale

5 Your arms are parallel to the floor, fingers interlaced, both palms facing down, left on top. As you inhale, twist left and as you exhale, twist right ( Figure 8 ). The movement is continuous. Turn your head with your body.

*This spinal twist compliments the previous exercise. This one opens up the solar-plexus, helps regenerate the adrenals, and aids the liver, gall bladder, pancreas, and spleen.*

6 The following exercises can be done continuously with no break.

A Extend your legs. Reach forward and pull back on your toes. If this is not possible hold your ankles, calves, or knees. Ease into the stretch and do Breath of Fire ( Figure 9 ).

*This exercise works on the sciatic nerve a.k.a. the Life Nerve in yoga.  
Lengthen the Life Nerve, and lengthen your life.*

B Now do Breath of Fire in Bridge Pose ( Figure 10 ). Your feet are flat, knees bent, hips up, head back, elbows straight. You can press your shoulders up to form a cushion for your neck.

**Modification:** Lie on your back with your knees bent and feet flat. Press your hips up and interlace your fingers under you.

*Bridge Pose works on the nervous system and on energy balance.*

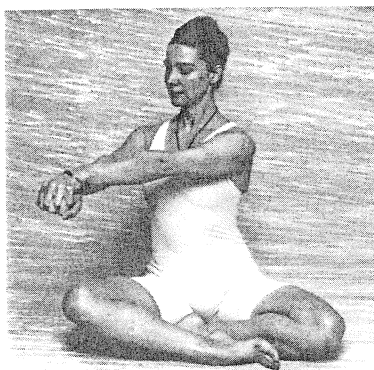


Figure 8: Inhale left, exhale right

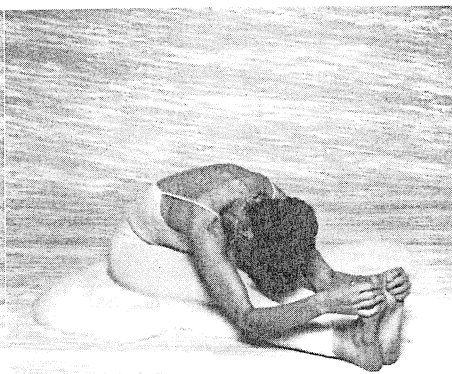


Figure 9: Breath of Fire

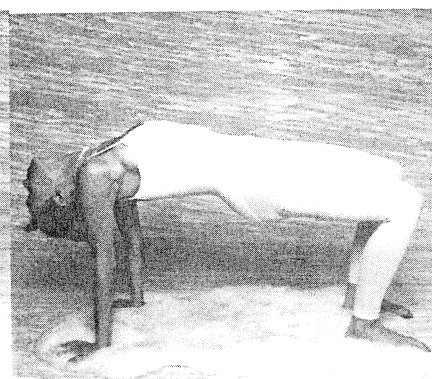


Figure 10: Breath of Fire

C Stretch Pose with Breath of Fire ( Figure 11 ). Lie on your back with your head and heels 6 inches off the floor. Hands are under the buttocks, palms down for support. Eyes are open. Stare at your toes.

**Modification:** Raise one leg at a time. Alternate legs halfway through the exercise.

***Stretch Pose centers and strengthens the Navel Center and digestive system, and promotes good circulation.***

D Tuck Pose with Breath of Fire (Figure 12). Lie on your back. Wrap your arms around your bent knees. Tuck your nose between your knees.

***Tuck Pose , a.k.a. Pavan Mukht Asan, stimulates the thyroid gland and assists in eliminating gas pockets from the intestines.***

E Eagle Pose with Breath of Fire (Figure 13). Sit crosslegged. Your arms are held up and out to the sides at a 60 degree angle. Your fingerprints are pressing into the mounds at the base of the fingers. Your thumbs are pointing straight up. Feel the space around your body pulsating and brightening as you breathe.

***Eagle Pose is for charisma, radiance, and luck.  
Maintaining your arms at an angle of 60 degrees stimulates  
your magnetic field and Heart Center.***

7 Relax on your back and let yourself go before continuing.

8 Sit crosslegged or in a chair with your spine straight. Focus at the brow ( Figure 14 ). Breathe as slowly as you can. Think "Sat" on the inhale and "Nam" on the exhale. Do this for 3-11 minutes.

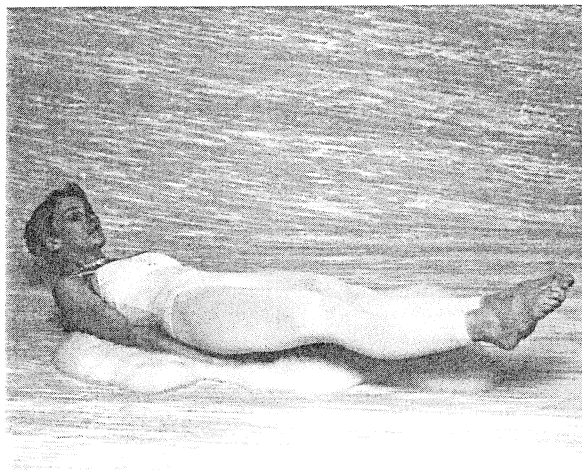


FIGURE 11: BREATH OF FIRE

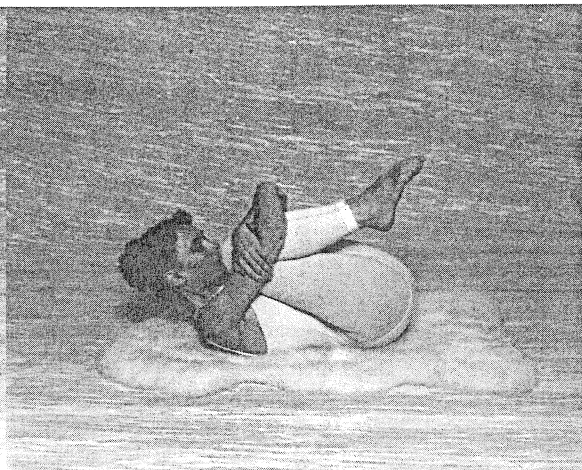


FIGURE 12: BREATH OF FIRE

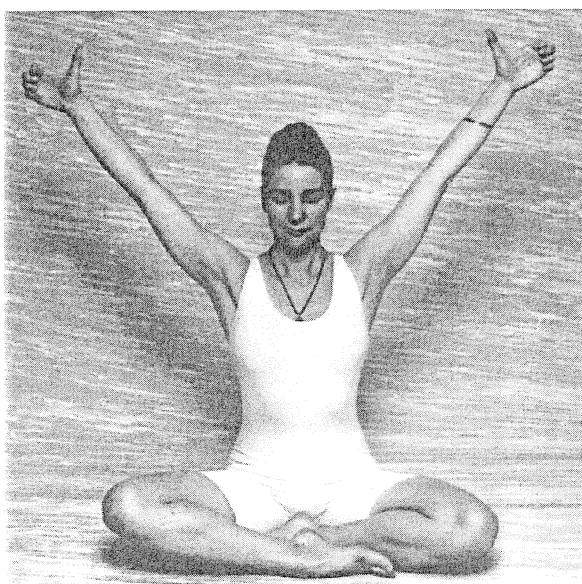


FIGURE 13: BREATH OF FIRE

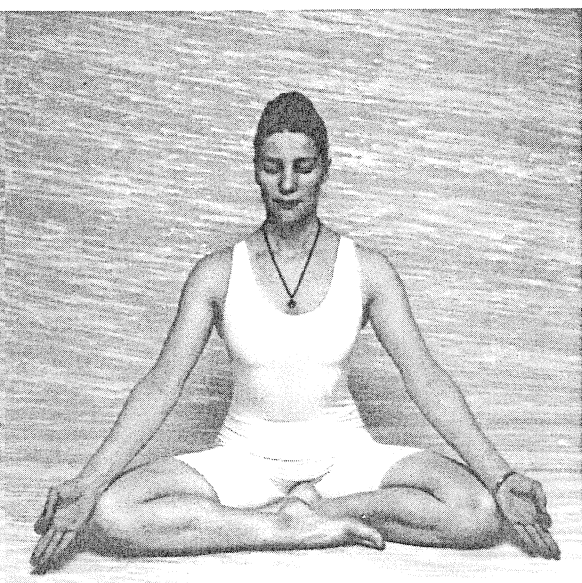


FIGURE 14: MEDITATE ON SAT NAM

ATHENE

*I am the gold woman,  
The reflexive one.  
For your restlessness  
I give my nacreous body  
And stars on black parchment.  
For your angel dust and black beauties:  
Visions in the tides of red hydrants  
And yellow coronas of cabs.  
I'll give you golden seal  
And luminous salve  
For all of love's  
Hopeless abrasions.*

*Listen!*

*I chant over the  
Coagulation of clouds.,  
Trailing gold dust  
Across the intricate  
Carpet of space.  
Dean of all high places-  
Make me humble as a snail.  
Pure as rain,  
May all longing be fulfilled.*

*Night casts my beauty  
In the mirror of waters.  
By day I swoon and lie  
Wan and spent in a pale blue sky.  
Asleep in the arms of my lover the Sun-  
My solace, my sight, my completion, my One.  
Rising above us all.*

- Ravi Singh

# MONDAY

FROM EMOTION TO DEVOTION

# MONDAY

The moon as a quality of energy relates to water, intuition and the subconscious, as well as to the emotions and glands. According to yoga, Monday is a great day to fast on liquids only to give your digestive system a rest and allow your endocrine system to recalibrate.

Too often in our culture, self-gratification takes precedence over Self-Mastery. Impulse supercedes discernment. You don't have to be manic or in a panic to be alive. Who you truly are is that you are. Calm, collected, perfected, directed. Let your emotions become positive attributes you use to make a difference for yourself and others.

The following set works on the solar plexus and thus your emotional balance. The solar plexus can be considered an inverse form of Pandora's box. Plagues will be visited upon your world if it's not opened. Much stress and emotional duress lie buried in this area.

The solar plexus also relates to energy inflow, physical grace, rhythmic existence, flexibility, and psychological integration. Scientists call this area the third brain, because so many nerves congregate here. When your energy is balanced at the solar plexus, you live in balance, and the process of spirit rising can readily occur.

1. Lie on your back. Your arms are above you on the floor. Raise your left leg straight up to 90 degrees with the left foot flexed (Figure 15). Breath of Fire. Switch sides and continue for an equal amount of time.

**Modification:** If your lower back feels put upon, bend one or both knees and approximate the pose as given.

*This exercise centers and strengthens the Navel Point and balances prana and apana, the expanding and eliminating energies which mix and blend at the solar plexus.*

2. Come onto your hands and knees in Cow Pose (Figure 16). Head up stomach down, eyes open, Stare at the ceiling. Breath of Fire for 3 minutes. Proceed immediately to the next exercise.

*This one works on the sympathetic nervous system, your fight, flight, or freeze response.*

3. Assume Cat Pose (Figure 17). Head down, spine curved. Inhale. Exhale, hold the breath out and pump your stomach as long as you can with the breath held out. Inhale when you must, then exhale and continue, pumping your stomach with the breath out. The faster and longer you pump each time, the better.

*Pumping your stomach with the breath out regenerates the nerves, helps you to work through fear, aids the elimination system, opens the solar plexus thus taking pressure off the heart, and assists in the redress of stress.*

Inhale, relax the breath, and sit back on your heels and stretch (Figure 18).

4. Still sitting back on your heels (Figure 18), inhale as you move along the floor until your body's fully extended. Then come up into Cobra Pose (Figure 19). Exhale down and back along the floor.

**Helpful Hints:** Your nose is just off the floor as you move forward into Cobra Pose. Your elbows move to the sides to make room for your body sliding through. You do not need to necessarily straighten your elbows in Cobra Pose.

A. Hold Cobra Pose (Figure 19). Open your eyes and gaze at the ceiling. Breath of Fire. Upon completion inhale, relax the breath and carefully come out of the pose.

**Modification:** If your lower back feels put upon, either move your hands further forward or simply rest on your forearms.

*Cobra Pose balances the five elements (Earth, Water, Fire, Air, Ether) and promotes overall flexibility. It's also a tonic for the kidneys.*

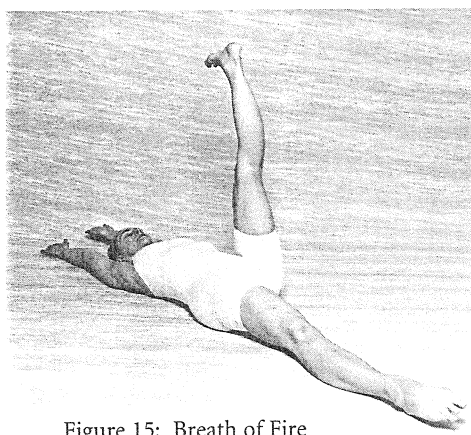


Figure 15: Breath of Fire

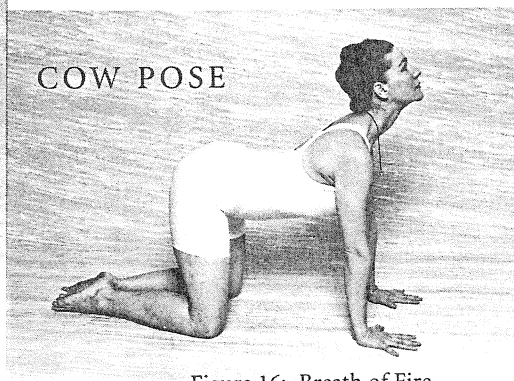


Figure 16: Breath of Fire

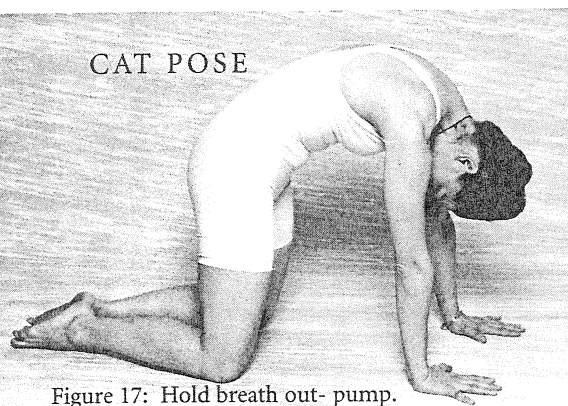


Figure 17: Hold breath out- pump.

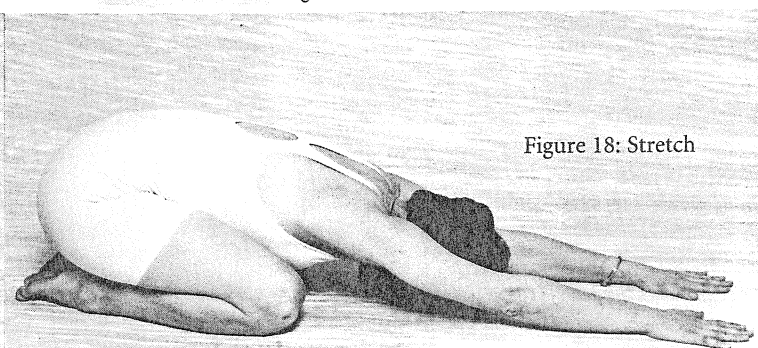


Figure 18: Stretch

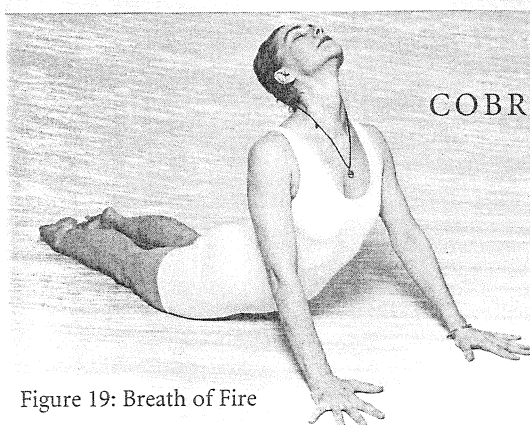


Figure 19: Breath of Fire

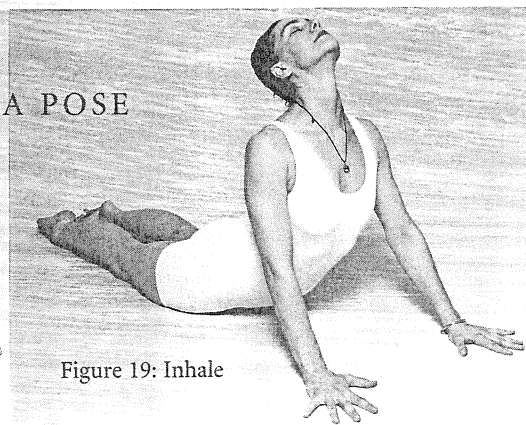


Figure 19: Inhale



Figure 18: Exhale

5. Come up and extend your legs in front of you. Put your left foot on top of your right thigh. Bounce your left knee up and down (Figure 20). Then cradle the left foreleg in the crooks of the elbows and rock the leg side to side (Figure 21).

Repeat this exercise on the other side.

**Please Note:** The first part of this exercise should be felt in your hip socket not your knee. If your knee feels put upon, then move the foot further forward on the leg.

*This one brings flexibility to the hips. We tend to hold a lot of tension in the hips.*

*When walking around on concrete there's no "give."*

*The hips bear the brunt of that stress. On the emotional level, the hips relate to the impetus to move forward in life.*

6. Place the left foot on top of the right thigh. Hold onto the right foot and/or ankle. Stretch. Breath of Fire (Figure 22).

**Modification:** This pose is somewhat difficult. If you cannot go all the way down so that the foot on top of the thigh exerts pressure on the solar plexus, then simply position your foot on the inside of the upper thigh.

*This one is a powerful Life (sciatic) Nerve stretch. It also works on the bladder meridian which runs up the back of the leg and relates to the element water and in turn emotional balance.*

7. Lie on your back. Your arms are by your sides (Figure 23). Inhale. Exhale, and move your legs over, to or towards the floor behind you. Continue at a moderate pace.

**Modification:** Inhale with your legs on the floor. Exhale, bringing both knees to your chest.

8. Immediately. On your back. Place your hands under your buttocks, palms down. Raise your head and heels 6 inches (Figure 24). Stare at your toes. Breath of Fire.

**Modification:** If your lower back feels put upon, raise one leg at a time.

*Exercises 21 and 22 work on the Solar plexus and Navel Center.*

Figure 20: Bounce your knee.

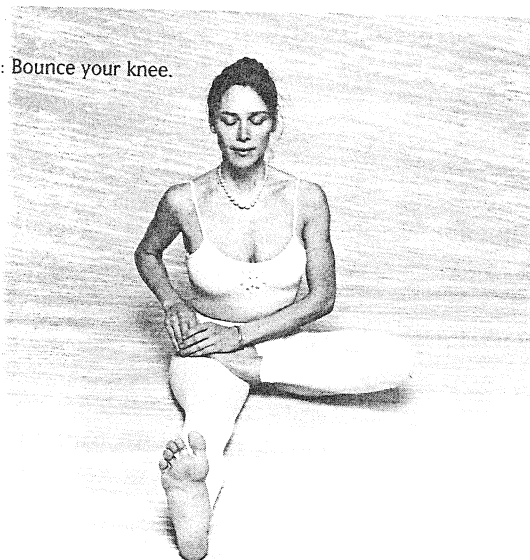


Figure 21: Rock the cradle.

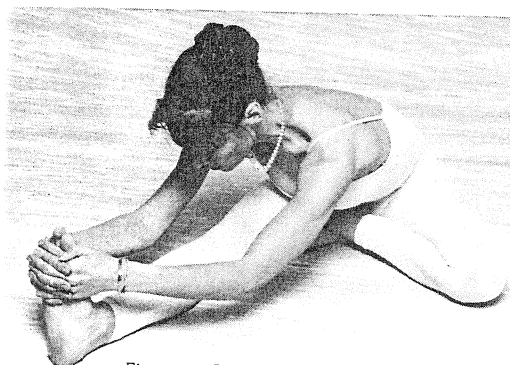


Figure 22: Breath of Fire.

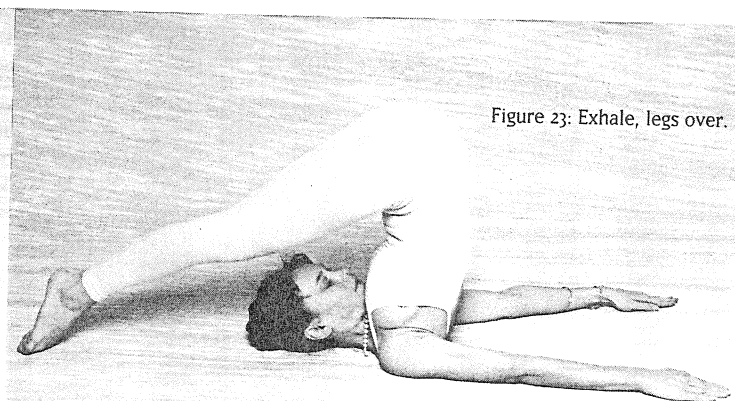


Figure 23: Exhale, legs over.

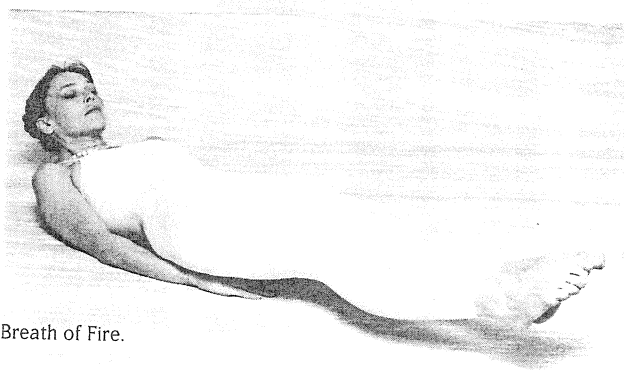


Figure 24: Breath of Fire.



Figure 25: Inhale.

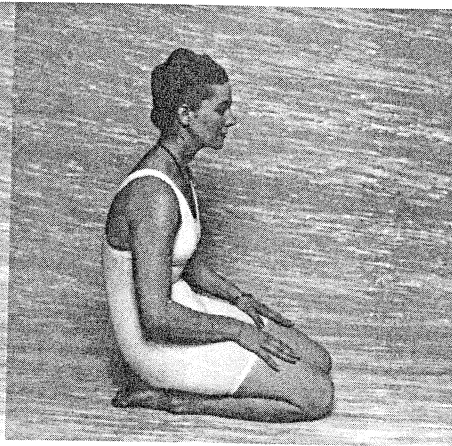


Figure 26: Exhale.

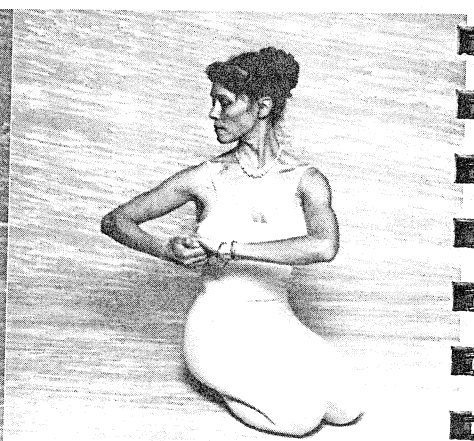


Figure 27: Inhale left, exhale right.

9. Sit on your heels in Rock Pose with your palms facing down on your thighs. As you inhale, flex your spine forward. Exhale and flex back (Figures 25 & 26). Immediately proceed to the next exercise.

**Helpful Hints:** Initiate the movement with your diaphragm. Try to isolate the midriff. If Rock Pose is too uncomfortable, sit cross legged and hold your knees.

*This one works the thoracic vertebrae, balances the energy at the Solar plexus and benefits the liver.*

10. Remain on your heels. Immediately move to the next exercise. Your hands are in Bear Grip (right palm facing away from you, left palm facing you, fingers hooked) at diaphragm level. As you inhale twist left, and as you exhale twist right (Figure 27).

*This one neutralizes tension at the solar plexus.*

11. Cross your hands at the wrists and interlace your fingers. Inhale, raise your arms up to a 60 degree angle (Figure 28). Exhale as you lower your arms to a point at which they angle downward at a 60 degree angle. Endeavor to keep your elbows straight.

*This one benefits the adrenals, gall bladder, and immune system.*

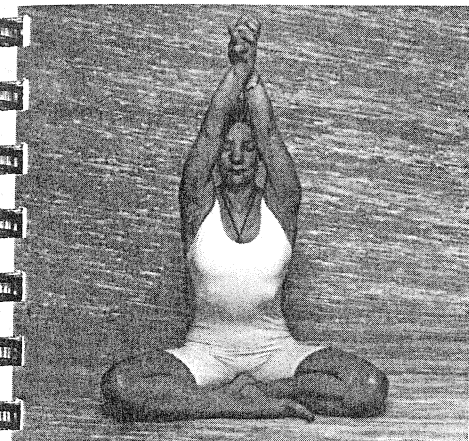


Figure 28: Inhale up exhale down.

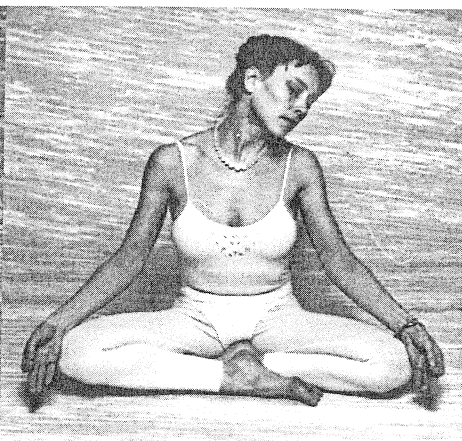


Figure 29: Roll your head.

12. Roll your head around in a big slow careful circle. Take at least 8 seconds per complete turn. Do 8 rotations one way and 8 the other (Figure 29).

*Neck Rolls prepare the 6 small vertebrae in the neck for the next exercise, and also work on the thyroid, memory, creativity, clarity, and eyesight.*

*Do Neck Rolls religiously. Be a Holy Roller!*

13. Assume a position on your hands and knees. This one's called Cat/Cow. As you inhale, press your head up and stomach down (Figure 16), and as you exhale, drop your head and curve your spine (Figure 17). Start slow and explore the spines range of movement then increase your speed if you'd like.

To end, inhale in Cow Pose (Figure 16) and hold the breath for up to 15 seconds. Contract the rectum and sex organ muscles while pulling the navel in (Root Lock). Then exhale and hold the breath out for up to 15 seconds. Apply Root Lock again. Inhale and immediately move to the next exercise.

*Cat/Cow works on all 26 vertebrae, as well as all the nerves which run from, to, or through the spine.*

*Root Lock pulls tension out of suspension and directs that energy towards self-healing.*

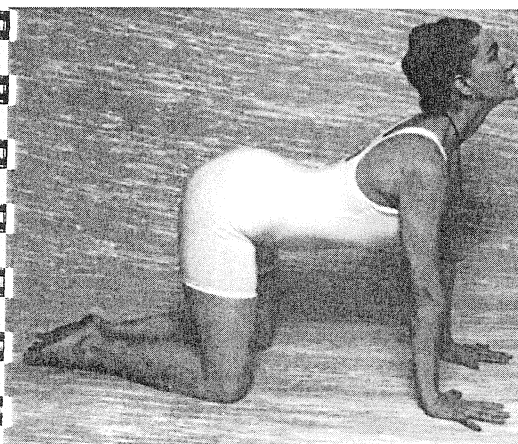


Figure 16: Inhale.

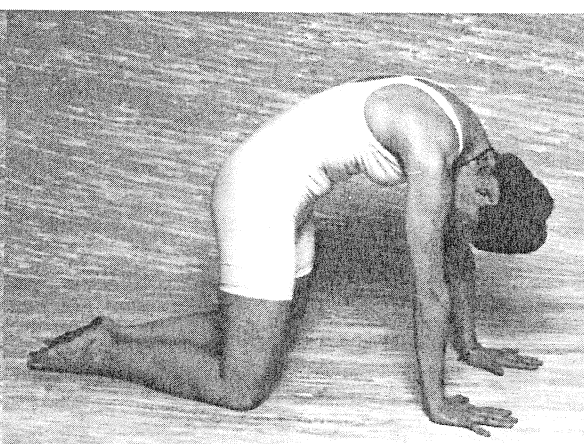


Figure 17: Exhale.

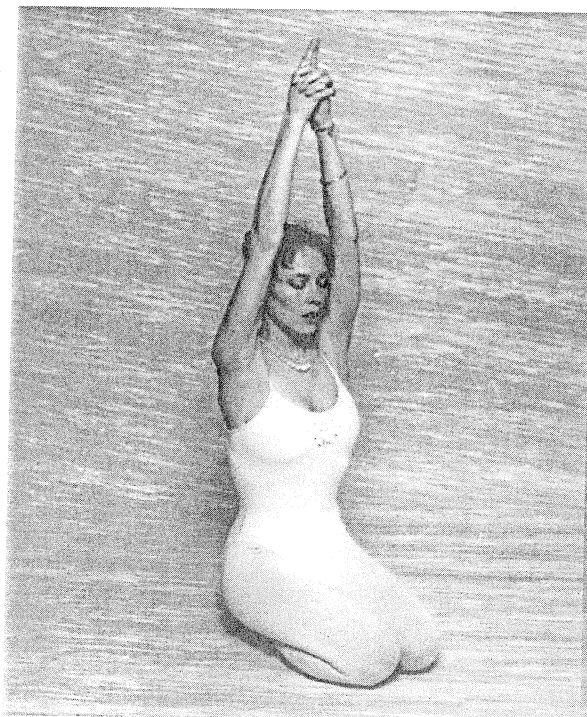


Figure 30: "Sat Nam"

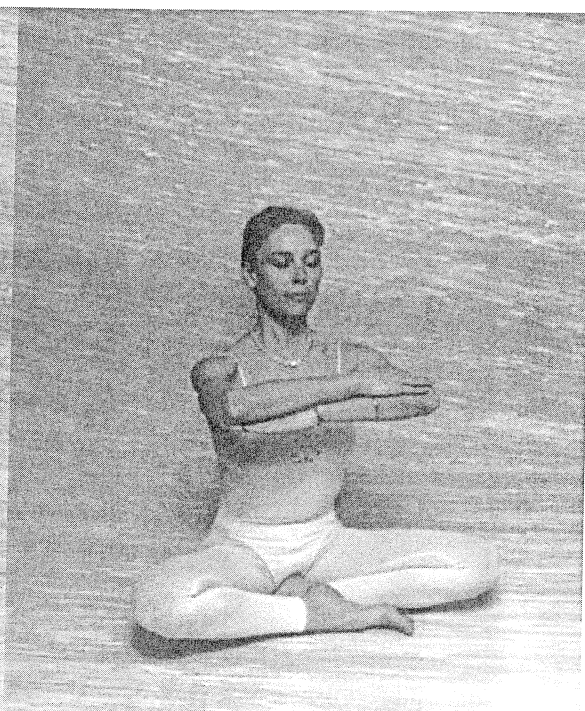


Figure 31: Sa (4x) Ta (4x) Na (4x) Ma (3x)

14. Sit on your heels in Rock Pose. Interlace your fingers with the index fingers extended and extend your arms straight up so that the upper arms are hugging the ears (Figure 30). As you say "Sat," contract your rectum, sex organ and navel (Root Lock), and as you say "Nam," relax them. To end, inhale, hold the breath and apply Root Lock (as in #27), then exhale, hold the breath out and apply Root Lock. Always relax on your back upon completion of this exercise.

*Sat Kriya activates the energy of spirit rising. It's a powerful self-therapy for deep insecurities, phobias, and promotes a balanced sense of self.*

15. Sit in a comfortable position with your spine straight. The arms are bent at the elbows, parallel to the floor at sternum level. The right hand is resting on top of the left elbow and the right elbow is resting on top of the left hand (Figure 31). Your eyes are one tenth open looking down and in, towards the tip of the nose. Inhale and chant:



*This is a meditation for emotional balance. The syllables of this mantra mean, "Existence, Life, Death, and Rebirth. Taken as a whole this mantra means, "I am the embodiment of Truth."*

MIMOSA

*Rain signs a treaty with the stars.*

*Radio tower telegraphs its red code  
To squadrons of night flights  
In a stray cat's dream.*

*The ocean eclipses the shore  
Then lies down in its luminous bed.  
Blue crabs bury themselves in soaked sand.  
Saturday shoppers move slowly*

*Through the humid South.  
With balloons and dark secrets.  
Houses here are built like barracks.  
Great flotillas lie wilting at the docks.*

*Life is a fixed ratio of Death's supreme summons.  
No wonder I can't sleep in this room not my own.  
I'll deposit this plaint in a steel cylinder  
And set it adrift on solar winds.  
You may find it in a thousand years  
In the negligible gravity of Neptune.*

*Remember me as a soul once stranded  
On an island of density;  
And you who will have gone so far  
In your urgent explorations  
Will know the extent of mine  
When possibly a more radical message  
From my future home  
Filling the heavens with light  
Will then surprise and delight you.*

—Ravi Singh

# TUESDAY



ANGER  
INTO  
INSPIRATION

**T**UESDAY IS RULED BY THE RED PLANET MARS, TRADITIONALLY THE GOD OF WAR. TUESDAY IS A GREAT DAY TO DO THINGS YOU'VE BEEN PUTTING OFF AND GO FOR THE GOLD!

OUR SOCIETY IS REELING UNDER THE IMPACT OF ANGER AND RAGE. ON A DEEP LEVEL MANY PEOPLE FEEL THEIR INNOCENCE HAS BEEN BETRAYED AND THAT THEY WERE NEVER VALIDATED AS BEAUTIFUL, CAPABLE, AND UNIQUE. WE HAVE THREE CHOICES: WE CAN EITHER SUBLIMATE THE ANGER AND MAKE OURSELVES SICK. WE CAN ACT OUT AND DESTROY EVERYTHING IN OUR PATH. AND LAST BUT DEFINITELY BEST, WE CAN USE THAT BOTTLED-UP ENERGY TO VALIDATE OURSELVES AND DELIVER OURSELVES TO THE VICTORY OF SELF. THAT'S THE KUNDALINI YOGA WAY.

WHATEVER WAS PERPETRATED UPON US WAS NOT OUR FAULT, BUT IT BECOMES OUR RESPONSIBILITY. ASSUME THE RESPONSIBILITY FOR YOUR OWN SELF-HEALING. OFFER UP THE PAIN OF THE PAST AS FUEL FOR THE FIRE OF YOUR TRANSFORMATION.

The following set works on the Navel Point to channel upset into useful endeavors. Navel work also engenders patience. This set also includes exercises which will turn your aggressive angry self into a powerful, motivated, loving person. Please be warmed up before the commencing this set.

1. Lie on your back and breathe slowly and evenly (Figure 32).

*This one is to distribute and balance your energy.*

2. Still on your back. Your legs are at 90 degrees. The toes are pointed, hands under the buttocks, palms down for support. Criss-cross your legs to the rhythm of the Breath of Fire (Figure 33).

**Modification:** If your lower back feels put upon, then bend your knees and/or raise your head through the exercise.

3. Remain on your back. Hands under the buttocks, palms down. Do alternate leg lifts to and from 90 degrees while doing Breath of Fire (Figure 34).

4. Repeat exercise #2 (Figure 33).

5. Remain on your back. Do double legs lifts to and from 90 degrees to the rhythm of the Breath of Fire (Figure 35).

**Modification:** If your lower back feels put upon, bend your knees and/or raise your head through the exercise. You can also stop the descent of the legs about 12 inches off the floor.

Figure 32  
Breathe slowly

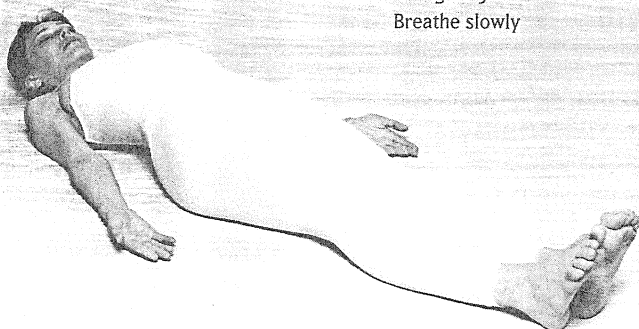


Figure 33  
Criss cross. breath of fire.

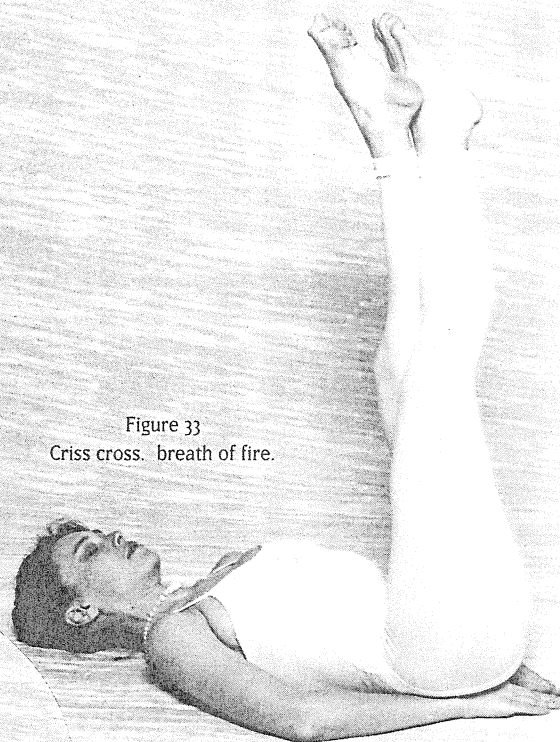


Figure 33  
Criss cross. breath of fire.

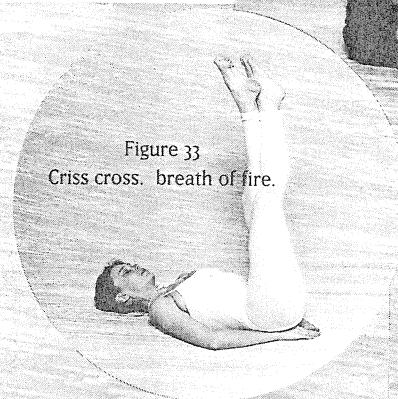


Figure 35  
Double leg lifts. breath of fire.

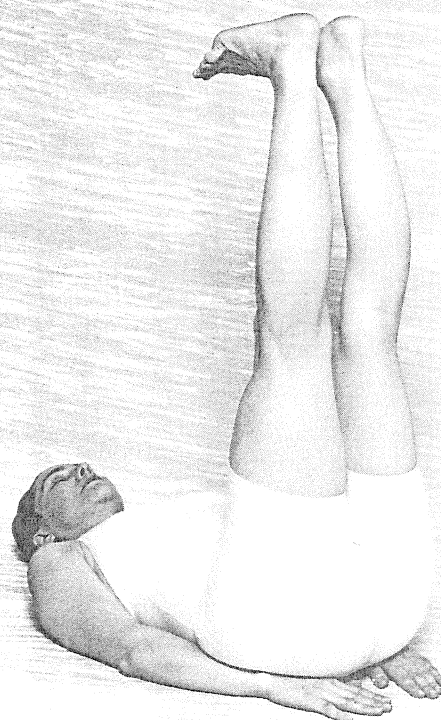
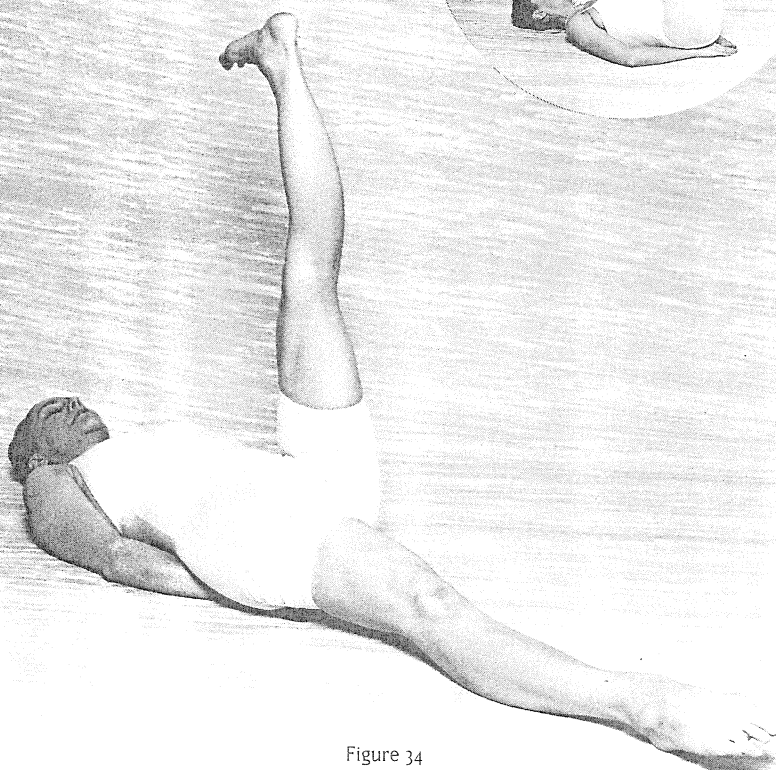


Figure 34  
Alternate leg lifts. breath of fire.



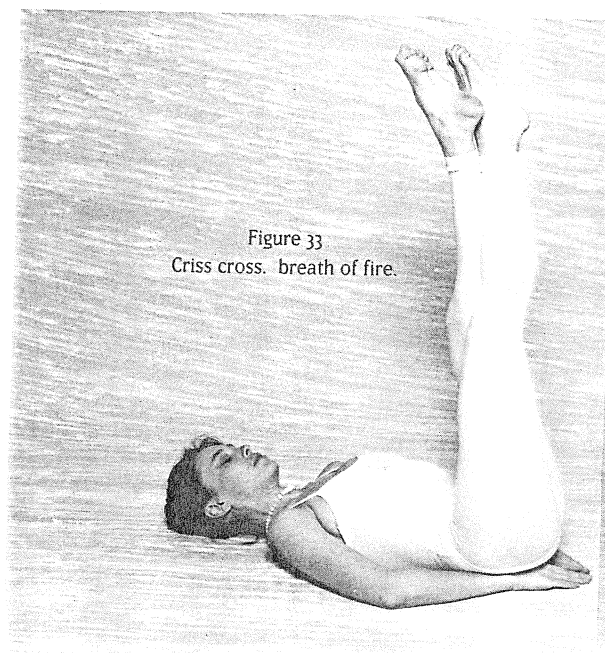


Figure 33  
Criss cross. breath of fire.

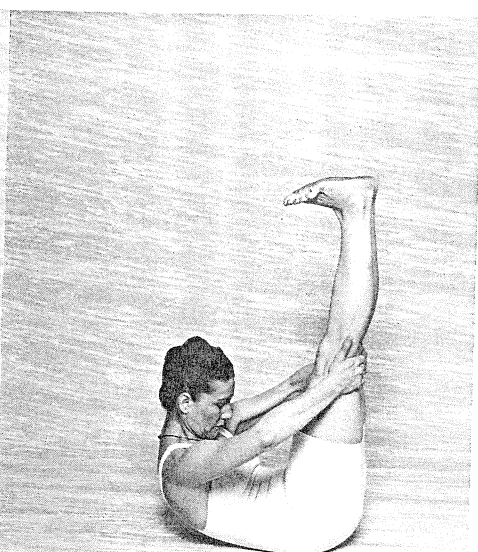


Figure 36  
Inhale down, exhale up.

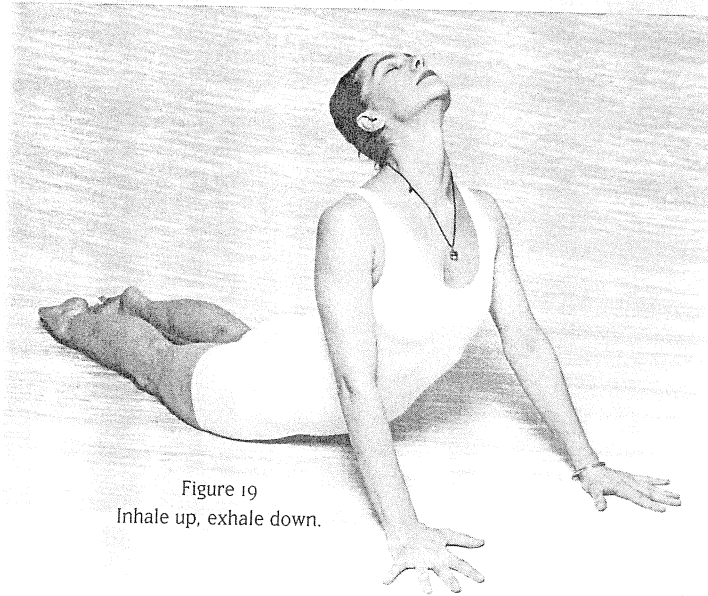


Figure 19  
Inhale up, exhale down.

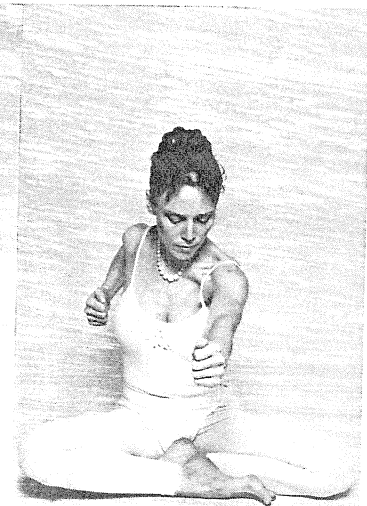


Figure 37  
Punch--breath of fire.

6. Repeat Exercise #2. Criss-Cross your legs at 90 degrees to the rhythm of the Breathe of Fire (Figure 33).

7. Remain on your back. Raise your legs to 90 degrees. Hold behind the calves. Inhale, Exhale as you bring your nose to or towards your knees (Figure 36).

*The preceding exercises strengthen and center your Navel Point and promote abdominal strengthening and toning.*

8. Lie on your stomach, hands under the shoulders, palms down, as if you're about to do a push-up. The feet are no wider than the hips.

A. Inhale into Cobra Pose (Figure 19). Exhale down.

In Cobra: Press your shoulders down, and incline your head back to complete the curve of the spine. Keep your hips on the floor and lower back relaxed. You don't have to necessarily straighten your elbows.

B. Remain in Cobra Pose. Extend your tongue and do a panting Breath of Fire over the extended tongue.

C. Remain in Cobra Pose and do Breath of Fire through your nose.

*The preceding Cobra Pose routine balances the fire element and works on detoxification. It also elongates the abdominal muscles as a compliment to the previous exercises.*

9. Sit in a comfortable cross-legged position. Hands in fists (with the thumbs outside the fists). Punch powerfully with alternate hands as you do Breath of Fire through puckered lips (Figure 37). Do this for 5 1/2 minutes!

*This exercise turns anger into inspiration.  
Breath of Fire through puckered lips works on the  
parasympathetic nervous system to engender  
a mellow, exalted state.*

10. Interlace your fingers at the small of the back. Look up at the forehead through closed eyes as if it were a screen (Figure 38). Be the witness to what reveals itself to you. 10 minutes.

*This is to process and enhance the benefits of the previous one.*

11. Cover your eyes with your palms. Open your eyes. Now slowly move your hands away from your eyes, staring into the center of the palms (Figure 39).

*This is good for your eyesight and helps you to come out of deep meditation gracefully. Employ this technique upon getting up in the morning.*

12. Your arms are at right angles, upper arms parallel to the floor (Figure 40). Your hands are in fists. Rotate your arms at the wrists.

*This is for brain hemisphere balancing and is useful when coming out of deep meditation.*

13. From a cross-legged position, stretch every which way. Feel yourself getting taller.

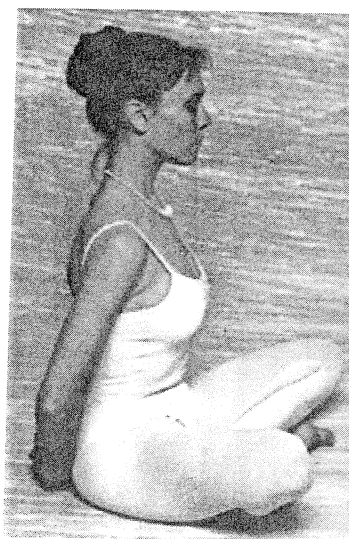


Figure 38: Meditate.

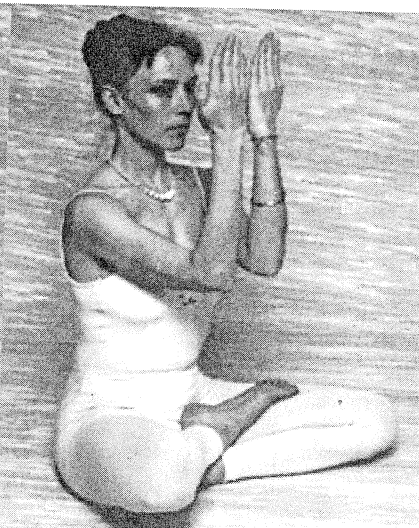


Figure 39: Stare into palms.

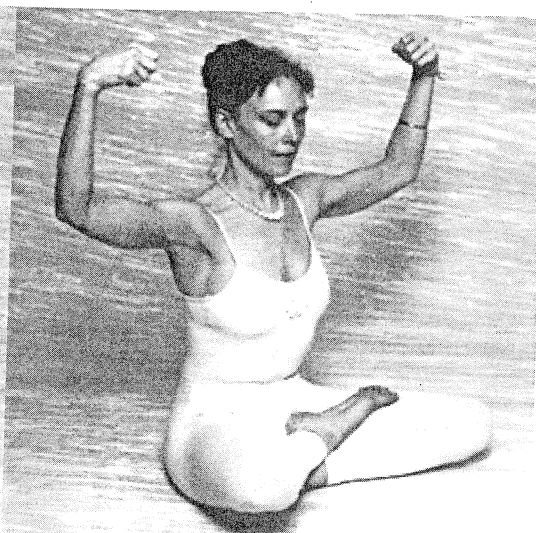


Figure 40: Rotate wrists.

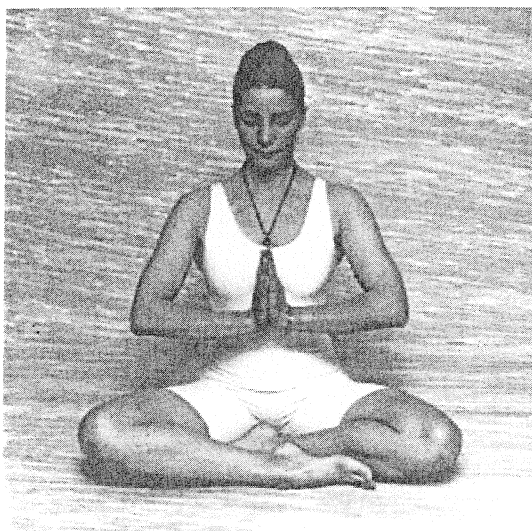


Figure 41: Chant Har...

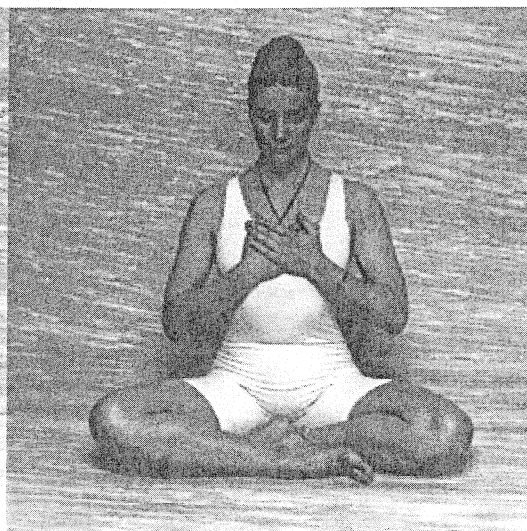
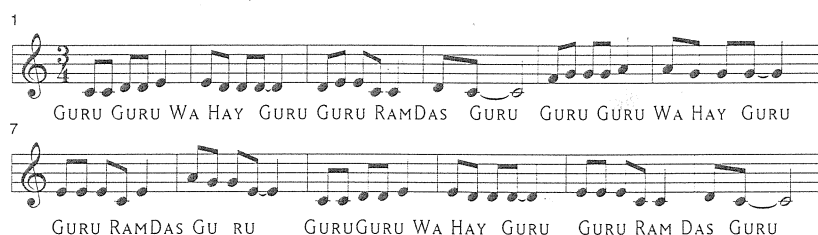


Figure 42: Chant.

14. Hands in Prayer Pose (Figure 41). Chant the sound "Har" continuously at a moderate pace. As you chant this sound, your mouth is open as if in a three quarter yawn. Your lips don't move, just your tongue. Pull your navel in slightly with each repetition of the sound. Time open.

*Har means, "The Creative Aspect of the Infinite." This one is for grounding, focus, personal power, and prosperity.*

15. Place your right hand on the sternum, left hand over it (Figure 42). Open your heart to loving and being loved and chant the following *mantra*. Time open.



*This one opens your Heart Center. It means, "The Wisdom and Grace the Universe Grants to Those Who in Sweet Surrender Serve." It calls upon the protective and healing energy of Guru Ram Das, who is the patron Saint for Kundalini Yoga. It's not a personality we are relating to, but aspects of Infinity a Great Master was blessed to embody. If your values, safety, and even life are threatened, and/or if you need a miracle of healing or grace, chant this mantra with reverence.*

*I AM LISTENING TO RIVERS*

*I am listening to rivers*

*Of opalescent earth:*

*Some are winding*

*Through the snow night.*

*Into the arms of burning helicopters*

*Of dawn.*

*I have given myself over*

*To white rapids--*

*Ambidextrous epiphany of the sands.*

*Wearing a shirt*

*Of water's luminous thread.*

*At the wedding of rivers and sea:*

*The sultan of starlight.*

*Lost in Love's astronomy.*

*A sailor in the desert of the world.*

*I torch holy books*

*And read the flames.*

*Rivers of light course through me:*

*I cure my thirst*

*Repeating your Names.*

*—Ravi Singh*

# WEDNESDAY



THE POWER  
OF THE WORD

PENTIMENTO

*Beneath these words--  
More pale lucid ones,  
Like a Rembrandt  
Beneath the portrait  
Of a clown.  
Or a sun inside  
A lampshade of air raids.*

*These words are too fluent to be words.  
A white tiger's libretto  
To the rose colored sky.  
Fireworks in the last emperor's dream.*

*Beneath these words the Word is waiting.  
White on white.  
Like the diary of a swan.*

*-Ravi Singh*

**W**EDNESDAY IS RULED BY MERCURY, WHICH RULES COMMUNICATION. IN THE YOGIC MODEL, COMMUNICATION COMES UNDER THE AEGIS OF THE THROAT CENTER. WHEN THIS CENTER IS IN WORKING ORDER, IT ENABLES YOU TO BE DIRECT, TRUTHFUL, AND TO KEEP YOUR WORD.

WHEN YOU HONOR YOUR WORD, THE UNIVERSE HONORS YOU. IN TERMS OF COMMUNICATION, MOST PEOPLE FEEL COMPELLED TO COMMUNICATE WHEN FEELING ANGRY, INSECURE, AND OFF BALANCE. THAT'S WHEN YOU SHOULD STAY SILENT! WHEN YOU'RE FEELING CENTERED, EMPOWERED, AND BALANCED, THEN SAY IT ALL!

AS A RULE, SPEAK FROM YOUR HEART (THE STERNUM AREA). THIS IS WHERE YOU ARE TRULY HUMAN. WHEN NEGOTIATING A DEAL IN A BUSINESS CONTEXT, PROJECT FROM THE NAEL CENTER. THIS IS THE SEAT OF POWER. WHEN COUNSELING SOMEONE, SPEAK FROM THE BROW. THIS IS THE SEAT OF DESTINY. WHEN YOU SPEAK FROM THE THROAT CENTER, YOU ARE IN COMMAND. THIS IS WHERE THE POWER OF THE WORD RESIDES. FOR EFFECTIVE COMMUNICATION, YOU MUST BE ABLE TO SHIFT GEARS TO MATCH WHATEVER SITUATION YOU'RE IN.

TALKING TAKES ENERGY. CONSERVE YOUR ENERGY; PRACTICE LISTENING. THEN YOU'LL LEARN TO TELL THE DIFFERENCE BETWEEN WHAT SOMEONE IS SAYING AND WHAT THEY REALLY MEAN. LISTEN TO YOUR OWN VOICE WHEN YOU SPEAK. NOT ONLY IS THIS VERY THERAPEUTIC, BUT IT WILL ENABLE YOU TO MASTER COMMUNICATION AND THUS MASTER THE GAME OF LIFE.

THE POWER OF THE WORD IS CALLED *VAC SIDDHI* (IT'S INTERESTING TO NOTE THAT IN LATIN *VOX* MEANS VOICE). DO THE LIFE EXERCISE OF KEEPING YOUR WORD, SPEAKING THE TRUTH, AND NOT DENIGRATING OTHERS. THEN THE UNIVERSE WILL RECOGNIZE YOUR WORD AND EVERYTHING YOU SAY WILL RESONATE THROUGH ALL WORLDS.

WHAT FOLLOWS IS A VERY INTENSE SET. YOU CAN SIT ON A PILLOW OR EVEN ON A SOFA OR CHAIR FOR THE UPPER BODY EXERCISES. KEEP YOUR FEET FLAT AND HIPS SQUARE.

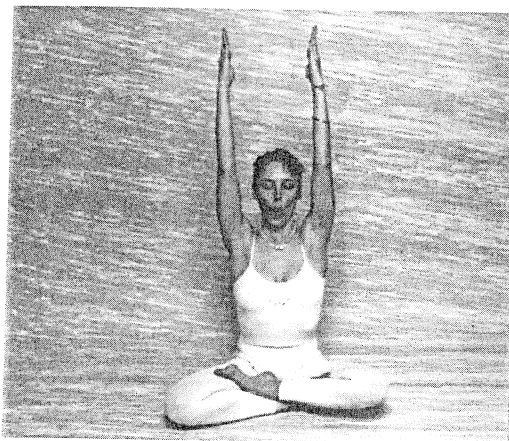


Figure 43: Inhale through a curled tongue.

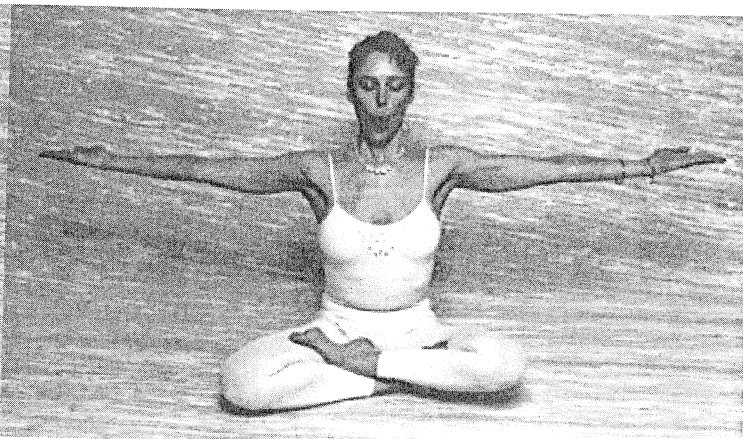


Figure 44: Exhale through a curled tongue.

Many of the following exercises use Sitali *Pranayam*, which entails inhaling through a curled and extended tongue, and exhaling through the nose. Keep your tongue extended, even on the exhale. If you cannot curl your tongue, then breathe over the extended tongue.

1. Inhale through a curled tongue as you raise the arms to 90 degrees with the palms facing in (Figure 43). Exhale through a curled tongue as you lower the arms parallel to the floor with the palms facing up (Figure 44). Do this one at a good pace, ideally for 7 minutes.

*This exercise will enable you to communicate in higher consciousness and builds the strength to maintain yourself at that level. Sitali Pranayam purifies the liver, and activates the Throat Center.*

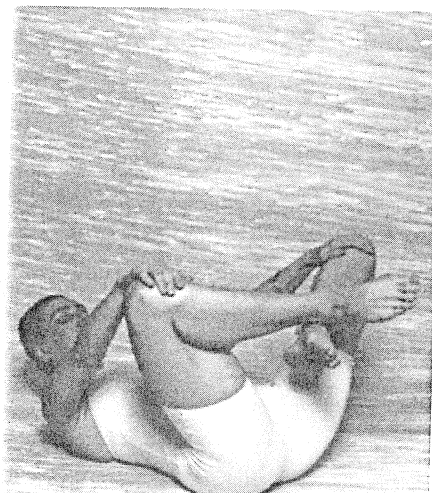


Figure 46: Inhale.

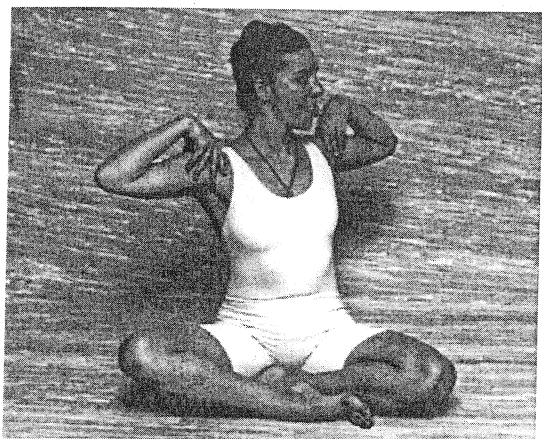


Figure 45: Inhale left. Exhale right.

2. Have your hands on your shoulders, fingers in front, thumbs in back. Inhale twist left. Exhale twist right. Breathe through a curled/extended tongue (Figure 45). Turn your head with your body. Do this one ideally for 4 minutes.

*This one eliminates the mental and physical toxins brought to the surface in the previous exercise.*

3. Sit cross legged. Hold your knees. Rock on your spine with your legs still cross legged, alternating between these three positions: on your back (Figure 46), sitting up (Figure 47), and forehead lowered to the ground (Figure 48). Throughout this exercise, breathe through a curled tongue.

*This one distributes and balances your energy.*

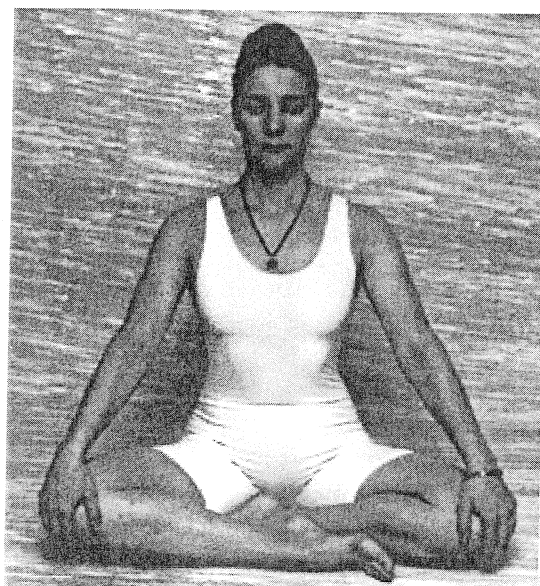


Figure 47: Exhale.

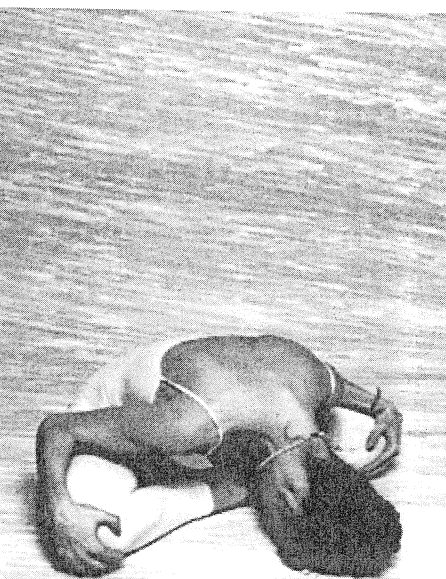


Figure 48: Inhale.



Figure 49: Inhale.

4. Raise your arms to 60 degrees (Figure 49). Inhale through a curled tongue and exhale through a curled tongue. Do this one for up to 5 minutes.

*This exercise will give you the ability to speak from the heart and leave a positive impression in the hearts of others.*

5. Inhale through a curled tongue as you raise your arms to 60 degrees, palms facing inward (Figure 49) and exhale through a curled tongue as you lower your arms to 45 degrees, palms facing down (Figure 50). Do this one for 2 minutes.

*This one will help your life reflect a balance between heaven and earth.*

6. Relax in Baby Pose (Figure 51): Sit on your heels and lower your forehead to the floor. Your arms are along the sides, palms facing up. Do this for 5 minutes. Feel secure and pure.

*Baby Pose allows you to consolidate the benefits of the previous exercises and opens you to their transformative effects.*

7. Sit on your heels. Have your hands on your thighs, palms down. lean back 30 degrees - hold this for 45 seconds. Lean forward 30 degrees- hold this for 45 seconds. Do this for 4 minutes.

*Exercises 5, 6, and 7 work on the Heart Center for deservability, compassion, and a more expansive sense of what's possible for you.*

8. Put your right hand on your sternum, and your left hand over it (Figure 42). Open your heart to loving and being loved, and/or chant:





Figure 50: Exhale.

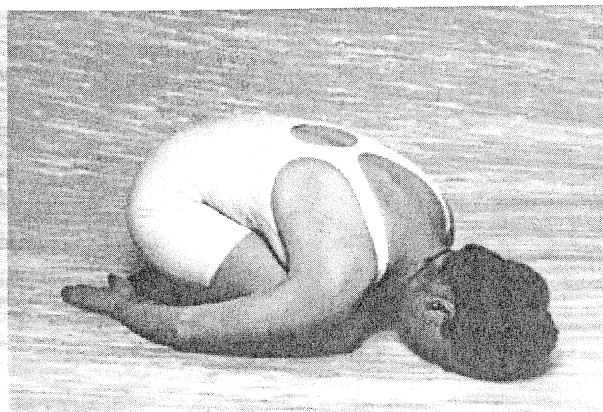


Figure 51: Meditate.



Figure 42

Chant.: *Hari Nam Sat Nam Hari Nam Hari*  
*Hari Nam Sat Nam Sat Nam Hari*

# DAY O

## POEM

*It is white winter false and true.  
I sleep in the black snow  
Of the stars  
And will ostensibly return to You—  
That life is endless  
Rising like a plane forever.  
Barely risked by the verb.  
As death's equinox and vertigo.*

*It is my wedding night.  
How electric this epiphany seems.  
How minor the stars in this continuum of snow.*

*—Ravi Singh*

# F THURSDAY RADIANCE

THE PREVIOUS SEQUENCE HAS THE ARMS ACTING AS ANTENNAE, MAGNETIZING AND SUF-  
FUSING THE SPACE AROUND THE BODY WITH ENERGY AND LIGHT. BREATH OF FIRE, IN  
CONCERT WITH THE MOVEMENTS AND POSITIONS OF THE ARMS, OXYGENATES THE  
BLOOD AND IN TURN THE "VOLTAGE" OF THE NERVOUS SYSTEM IS RAISED AND THE MAG-  
NETIC FIELD WHICH IS THE ELECTRICAL EMANATION OF THE NERVOUS SYSTEM IS  
EXPANDED AND ENHANCED. THE POSITIONS OF THE ARMS PROGRESSIVELY ALLOW FOR  
THE UPPER CHAKRAS TO OPEN.

2. A. Sit in a comfortable position with the backs of your hands together at the sternum  
(Figure 57). This is called Reverse Prayer Pose. Do Long Deep Breathing through your  
nose. As you inhale, move energy up the spine, over the top of the head, and down to  
the tip of the nose. As you exhale, let the energy go down the way it came. This one is  
essentially a physical exercise. Do it to the extent that you sweat.

As you inhale, you're physically stretching your spine. You can also squeeze the rectum  
and sex organ, and pull your navel in and diaphragm up, in a progressive manner. Do this  
for 5-31 minutes.

*This exercise allows you to work through energy blocks along  
the spine which would translate as blocks in your life.  
Reverse Prayer Pose (backs of the hands together), is a  
mudra which helps you to confront your "stuff."*

B. Flip your hands over into Prayer Pose (Figure 58). Chant *Gobinda* six times, then  
*Go'bin'da'* in a somewhat rapid rhythmic monotone. Refer to the musical notation for the  
proper execution of this mantra. Feel these sounds emanating from the sternum area in  
an increasingly expanding spiral.



*This exercise is to expand your horizons. and for the  
eradication of negative habit patterns.*

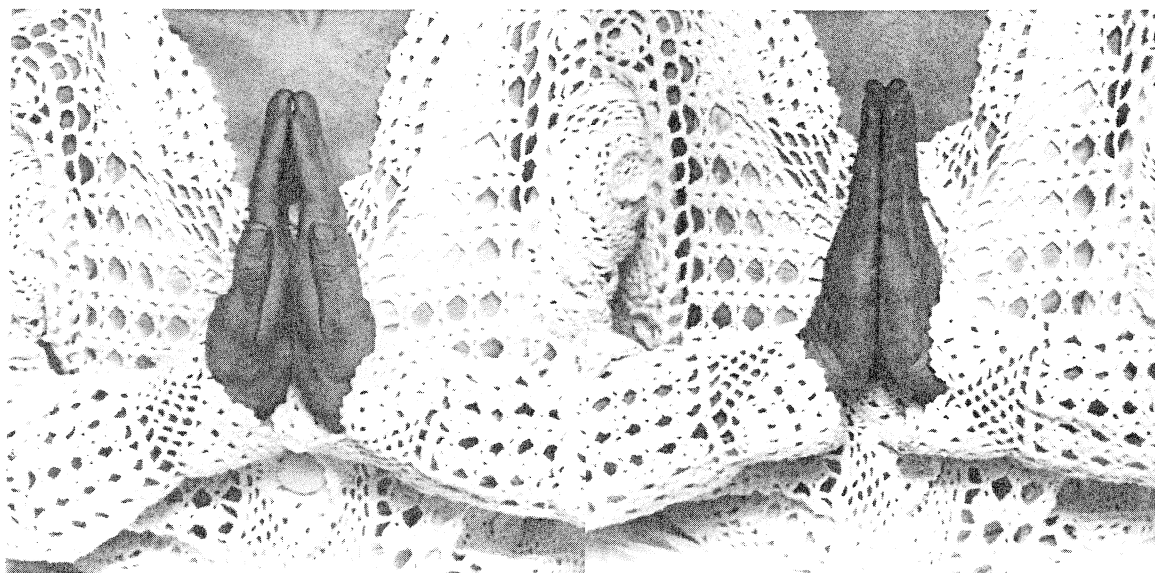


Figure 57: Long deep breathing.

Figure 58: Chant.

SANTA CLARA

On the green grass  
Near the water course  
I held you in my artesian arms.  
Luminous dragonflies  
Celebrated in the light and air  
Of an eternal afternoon  
As quiet cattle moved through  
The trees.

The soul's strategy  
Is of mountains and bedrooms.  
Of conflict for the sake  
Of sweet reconciliation  
And Union.  
It breathes like a flower  
Watered by light.  
Introspective in the night  
When our bodies shiver  
On the turrets of Time.  
It must be cared for  
With tender hands  
And given a spacious suite  
To reveal its elemental beauty  
To the sky's blue mirror.

When we look there  
We see the other.  
And a history of hearts  
Being written.  
When we look there  
We see ourselves  
Shining like an alloy.  
Stronger than its metals  
Forged by the fires of love.

—Ravi Singh

# FRIDAY

*The Love From Above*



FRIDAY IS RULED BY THE ENERGY OF VENUS, THE GODDESS OF LOVE. IT'S A GREAT DAY TO WORK ON RELATIONSHIPS AS WELL AS SEX ENERGY TRANSFORMATION. IN THE KUNDALINI YOGA TRADITION, WE DON'T BELIEVE IN REPRESSING SEX DRIVE. WE WANT TO CHANNEL IT CONSCIOUSLY RATHER THAN HAVE IT DIRECT US COMPULSIVELY.

WITH REGARD TO SEX, YOU SHOULD BE IN A POSITION TO TAKE IT OR LEAVE IT, DEPENDING ON WHAT YOUR CONSCIOUSNESS DICTATES. TIME AND SPACE SHOULD UPHOLD YOUR GRACE. IN OUR CULTURE TOO MANY PEOPLE HAVE SEX BECAUSE IT'S AVAILABLE. THAT LINE OF REASONING EMANATES FROM A PLACE OF LACK. FEEL COMPLETENESS AND OPERATE FROM THAT FULLNESS.

IN MANY EASTERN CULTURES, PEOPLE ACCEPT THAT, "LOVE STARTS AFTER MARRIAGE AND IS LIVED BEYOND DEATH." ACCORDING TO YOGI BHAJAN, "LOVE IS NOT ABOUT GIVE AND TAKE, I.E., I BRING YOU FLOWERS, YOU GIVE ME A KISS. IT'S NOT A COMMODITY. LOVE IS THE ONGOING EXPERIENCE OF SELFLESSNESS WITHIN THE SELF."

LOVE IS TOLERANCE. IF YOU NEED TO SAY OR BE TOLD, "I LOVE YOU," IT'S NOT LOVE, IT'S INSECURITY. WHEN SOMEONE CATERS TO OUR EMOTIONS, WE FEEL WE ARE "IN LOVE." ACTUALLY LOVE IS THE OPPOSITE OF THIS. WHEN YOU SACRIFICE YOUR EMOTIONS FOR SOMEONE, THAT IS LOVE.

THIS TRADITION TELLS US THAT MARRIAGE AND RELATIONSHIP REPRESENT, IN EFFECT, THE MOST ADVANCED FORM OF YOGA. IN THE CONTEXT OF RELATIONSHIP, YOU MUST LEARN TO SACRIFICE, COMMIT, AND LOVE UNQUALIFIEDLY. THOSE ATTRIBUTES ARE THE HALLMARKS OF AN ENLIGHTENED HUMAN BEING.

1. Butterfly Stretch. Press the soles of your feet together. Pull your heels in towards the body. Angle your body forward. Use your elbows as levers to cultivate a somewhat radical stretch through the inner thighs (Figure 59). Long Deep Breathing.

*The area of the inner thigh is called the sex nerve in yoga. There is always bottled-up energy here which can be accessed and transmuted in the furtherance of self-healing and expansion. This one also tonifies the kidney meridian. Oriental healing modalities associate the kidneys with fertility.*

*Based on those premises, this one's good to do if you want to have children, or forego having them.*

2. Your legs are wide. Inhale up and exhale down alternating sides (Figure 60). Move your arms along the leg you're moving over.

**Modification:** You can interlace your fingers behind your head or hold under the knee of each leg.

*This exercise promotes overall flexibility of the legs and hips and furthers the transmutation of energy from the lower centers to the higher ones.*

3. Start in a kneeling position. Take a big step forward with your left foot. Lunge forward until the back knee clears the floor. The toes of the right leg are not curled under (Figure 61). Your eyes are one tenth open looking down towards the tip of the nose. Do Long Deep Breathing in this pose. As you inhale think RA and as you exhale think MA. Do this one for up to 11 minutes (you may need to start with 30 seconds and build the time over time!). Switch sides and repeat.

*This exercise strengthens the sexual nervous system. The mantra RA/MA means Sun/Moon, qualities of energy which represent the male/female polarities and the totality of God.*

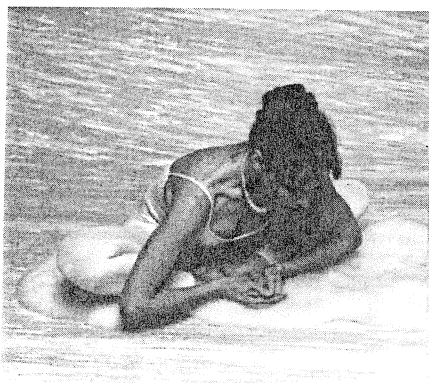


Figure 59: Long deep breathing.

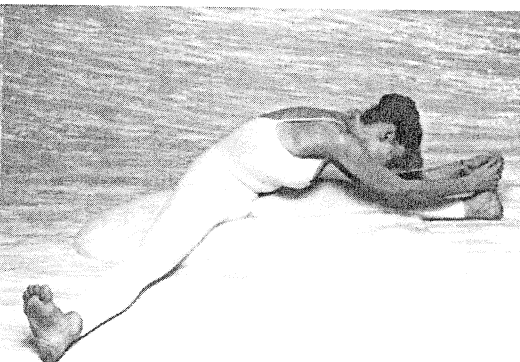


Figure 60: Inhale up, exhale down.

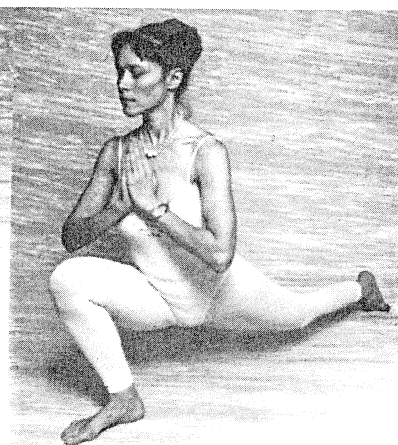


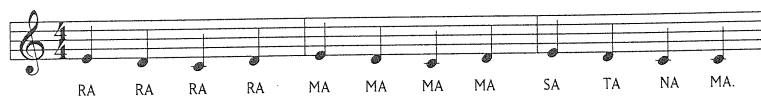
Figure 61: Long deep breathing.

4. Your legs are extended straight on the floor. Hold your toes and incline your head back. Open your eyes and look at the ceiling (Figure 62). Do Long Deep Breathing through your nose in this pose. As you inhale think *RA* and as you exhale think *MA*. Do this one ideally for 11 minutes.

*This pressurizes the parathyroid gland. When this gland secretes, the pituitary activates, the pineal comes into play and higher consciousness holds sway. Open eye gazing, activates the parasympathetic nervous system which engenders an expansive, blissful, overview. Yogi Bhajan says this exercise will, change the electrical charge of the body and save you from blindness.*

5. Immediately sit comfortably with your spine straight (Figure 63). Turn your eyes all the way up to the top of the head. Breathe long and lightly, continuing to think *RA* as you inhale, and *Ma* as you exhale.

After 5 minutes shift your eyes so they're one tenth open, looking down towards the tip of the nose and chant: *RA RA RA RA MA MA MA MA SA TA NA MA*.



*This mantra will balance and bless you.*

6. Your little fingers are curled under the thumbs. The index, middle, and ring fingers are extended straight, side by side. Your elbows are against the sides, forearms angled up, so that the fingertips are at throat level. Both hands are forming this *mudra*. Your right palm is facing down and your left palm is facing up. The point of contact between the hands are the fingerprints of the index, middle, and ring fingers, each to each. (Figure 64).

Inhale in 16 successive "sniffs." Hold the breath for 2 counts maintaining the rhythm of the inhale. Exhale in 16 successive "sniffs." Hold the breath out for 2 counts. Say SA-TA-NA-MA four times mentally in rhythm with the breathing. Start with 3 minutes of this technique and increase over time.

*This breath meditation will give you the capacity to be more sensitive, tolerant, and loving in relationships.*



Figure 62: Long deep breathing.

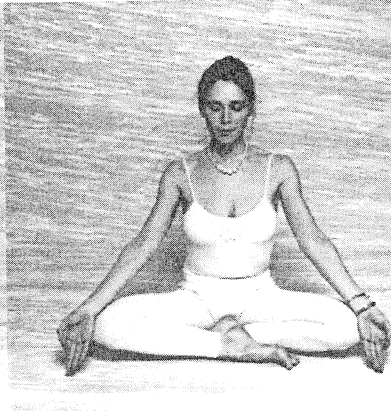


Figure 63: Long light breathing.

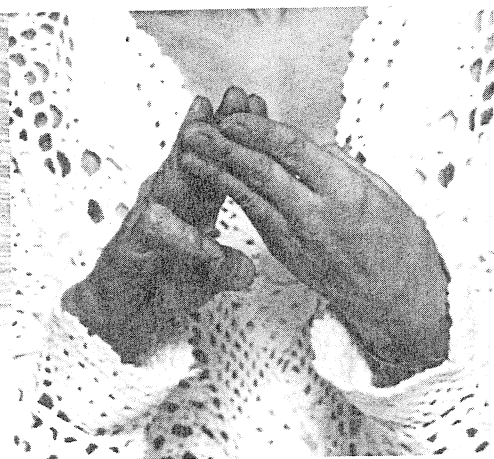


Figure 64: Inhale 16, exhale 16.



Figure 65: Question, answer sing.

7. The following exercise is called a Venus Kriya, which is an exercise done with a partner. Venus Kriyas are very powerful and should be respected and done with reverence. The purpose of Venus Kriyas is to enhance and deepen our capacity for right relationship.

In order to establish the proper frequency, please precede this exercise by chanting the following in a monotone, a few times with your partner:



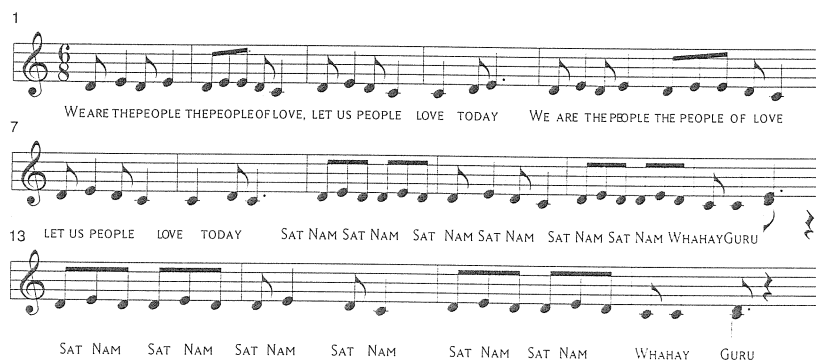
This means, "I Bow to the Primal Wisdom, I Bow to the Wisdom through the Ages, I Bow to the True Wisdom, I Bow to the Great Unseen Wisdom Which Shall Always Prevail."

A. Sit knee to knee facing your partner. Look eye to eye lovingly. (Figure 65) Please remember, you're not seeing a personality but a soul. One person says, "I know you, do you know me?" The other person then repeats that same phrase in response. The phrase will progress through various layers of meaning. *Do this for 1 minute only.*

B. Continue as in the previous exercise. This time the phrase is:  
"I like you, I love you, I see you as a soul."  
Speak this phrase back and forth, again, for no longer than 1 minute.

C. Maintaining eye contact, sing this in unison.

We are the people, the people of love, let us people love today (2x)  
Chorus: Sat Nam 6X Wahay Guru



SATURDAY IS RULED BY SATURN, THE TASKMASTER. WHATEVER LESSONS ARE NOT CONSCIOUSLY DEALT WITH ARE IMPOSED UPON US BY TIME AND SPACE. THIS IS THE LAW OF KARMA: AS WE SOW, SO SHALL WE REAP. WHEN WE WORK ON OURSELVES, AND LEARN TO ACT INSTEAD OF REACT, AND BE CONSCIOUS AND AWARE, WE ARE TO SOME EXTENT, PAYING OFF DEBTS AND ADDING TO OUR "INNER" BANK ACCOUNTS.

SATURDAY IS A GOOD DAY TO WORK HARD AND DO THINGS YOU'VE BEEN PUTTING OFF. MANY PEOPLE CUT CORNERS AND ACT IN AN UNRIGHTEOUS MANNER BECAUSE ON SOME LEVEL THEY FEEL THEIR ENERGY AND RESOURCES ARE LIMITED. WHEN YOU'RE IN AN ENERGIZED STATE, IT'S EASY TO TRUST THE UNIVERSE AND DO THE RIGHT THING, IN THE REMEMBRANCE THAT ALL THINGS COME FROM GOD AND ALL THINGS GO TO GOD. THE FOLLOWING SET WILL GIVE YOU THE ENERGY YOU NEED TO BE GREAT AND TURN KARMA (I.E., TIME AND SPACE, OR FATE) INTO DHARMA (I.E., LIVING IN THE FLOW OF TRUTH).

Figure 66: Inhale up, exhale down.

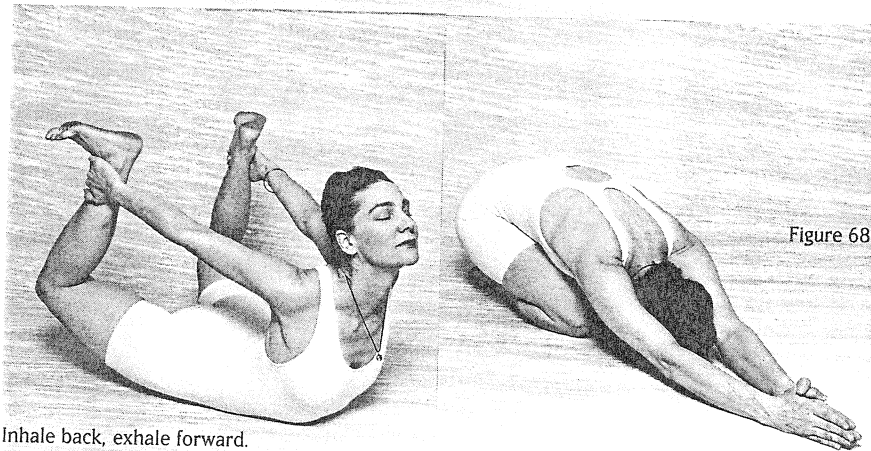
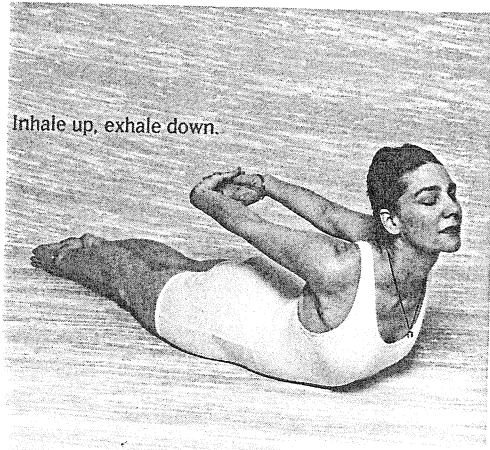


Figure 67: Inhale back, exhale forward.

Figure 68: Inhale.

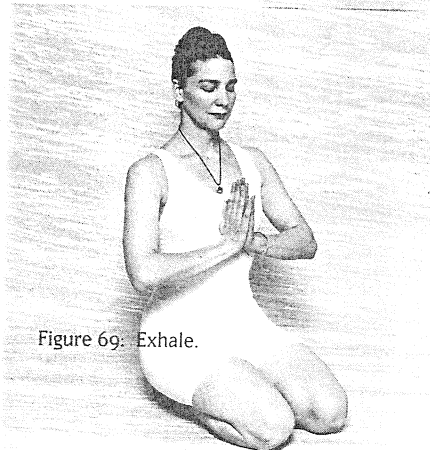


Figure 69: Exhale.

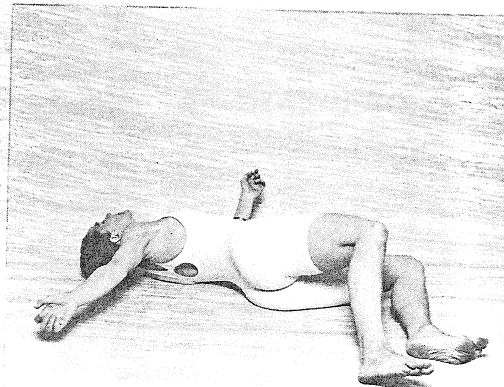


Figure 70: Go wild!

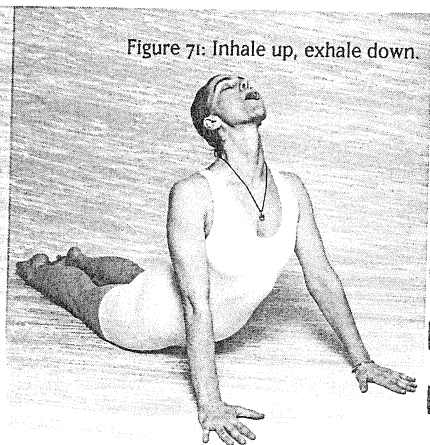


Figure 71: Inhale up, exhale down.

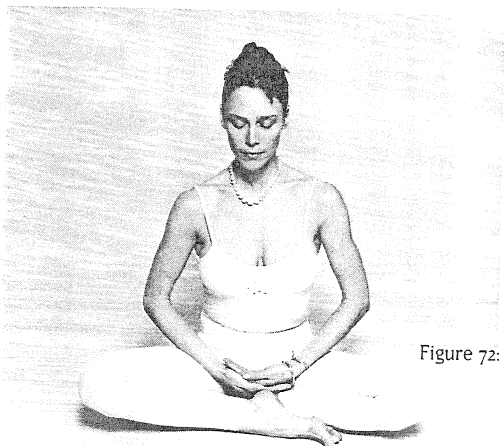
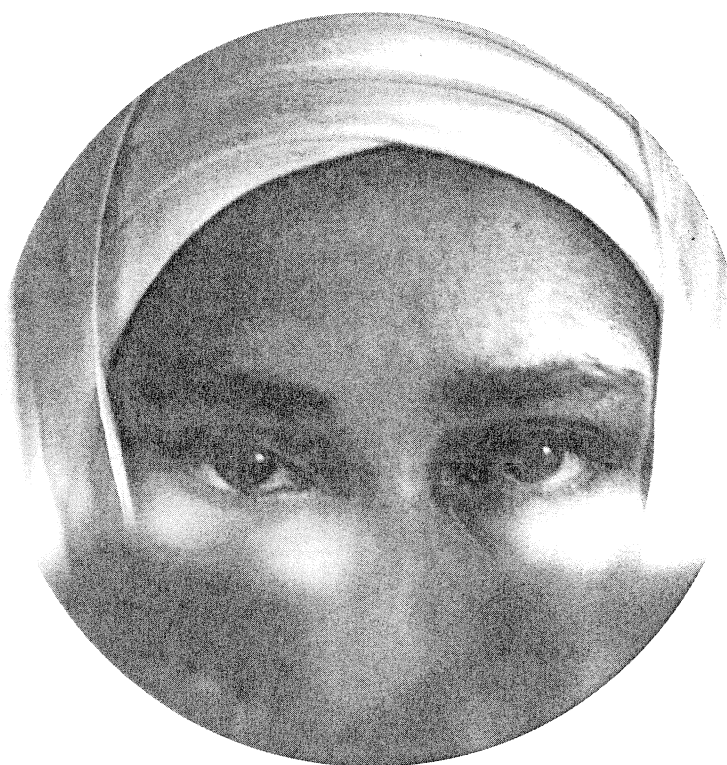


Figure 72: Har, Har, Wahay Guru

# SUNDAY

DAY OF THE DIVINE



**S**UNDAY IS TRADITIONALLY A DAY OF WORSHIP. IT REPRESENTS THE QUALITY OF THE SUN, CREATIVE, LIFE SUSTAINING, A GREAT LIGHT WHICH FILLS THE WORLD. AS HUMANS WE HAVE A DEEP DESIRE TO CONNECT WITH SOMETHING SACRED.

IN TODAY'S CULTURE, MANY PEOPLE THINK OF "GOD" AS SOME KIND OF COSMIC AUTHORITY FIGURE, PHILOSOPHY, OR SURROGATE PARENT. THAT'S BECAUSE MANY STILL LABOR UNDER THE MISCONCEPTIONS THAT: "GOD" IS OUTSIDE THEM, AND ONE NEEDS SOME KIND OF INTERMEDIARY TO CONNECT WITH THE ULTIMATE.

CONSIDER THIS: IF YOU ARE WILLING TO BELIEVE IN YOURSELF, AS A TOTALITY, AND AS A BRIGHT AND BEAUTIFUL BEING, THEN YOU BELIEVE IN GOD, WHETHER YOU KNOW IT OR NOT! THE FOLLOWING SEQUENCE CAN HELP YOU OPEN YOUR HEART AND LINK YOUR MIND TO GOD, WHICH IS YOUR TOTALITY. IT WILL HELP YOU MEET YOUR MAKER, WHICH IS YOU!

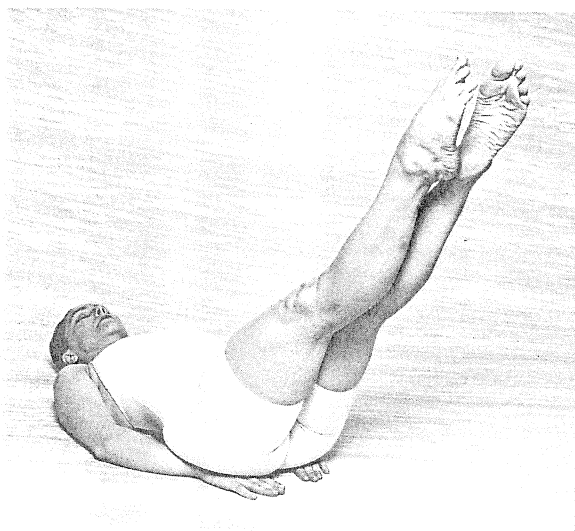


Figure 73: Long deep breathing.

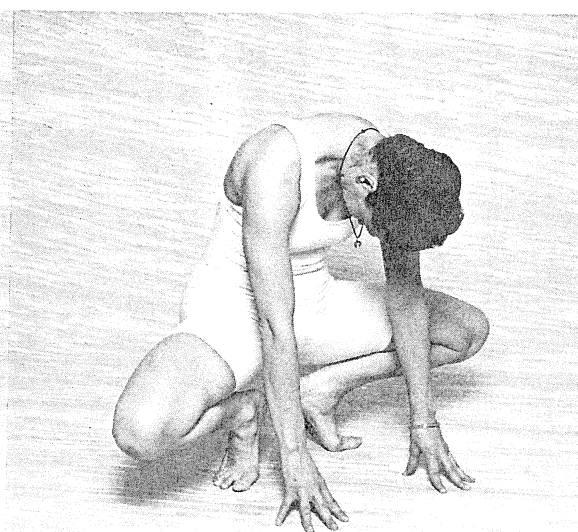


Figure 74: Hold this pose.

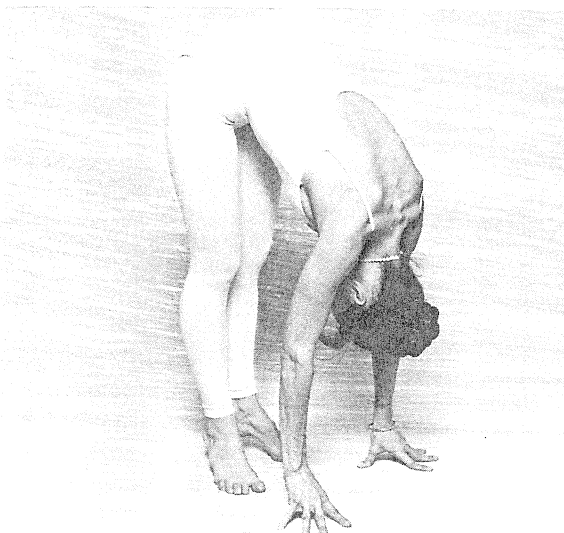


Figure 75: Long deep breathing.

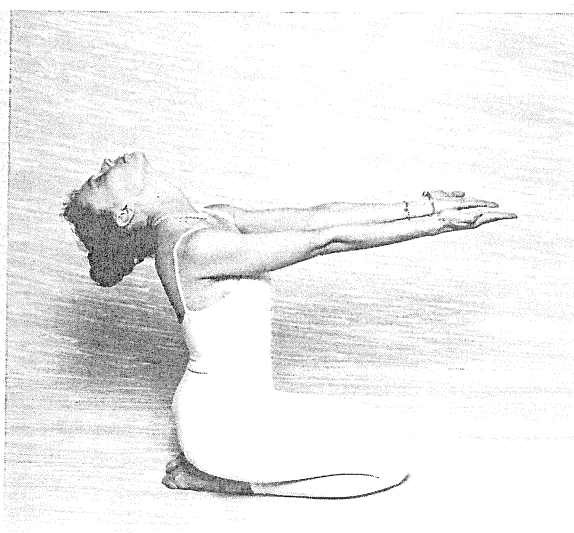


Figure 76: Hold this pose.

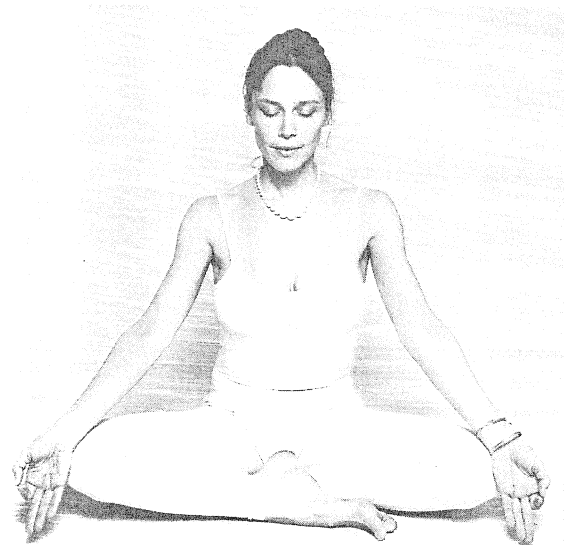


Figure 63: Meditate.



Figure 77: Chant God, God, God,....

1. Lie on your back. Raise your legs to 45 degrees (Figure 73). Your hands are under the buttocks, palms down for support. Breathe long and deeply through your nose for 1-3 minutes. Keep your neck relaxed.

**Variation:** If your lower back feels put upon, bend your knees.

*This exercise works on the Navel/Solar Plexus to gather energy for the process of spirit rising.*

2. Assume Frog Pose. You're on your toes, with your knees wide. Your heels are together. Your arms are inside the knees, fingertips on the floor. Drop your head down against the collarbone (Figure 74). Hold this for 3 minutes.

3. From the previous position, straighten your legs and lower your head (Figure 75). Do Long Deep Breathing for 3 minutes.

**Variation:** If you cannot keep your fingertips in contact with the floor, either bend your knees or come up half way.

4. Sit on your heels. Your arms are parallel to the floor, palms up. Drop your head back (Figure 76). Focus towards the brow. Do this for 3 minutes.

**Variation:** If you cannot sit on your heels modify the pose. If you cannot drop your head back all the way, incline it back part way.

*Exercises 2, 3, and 4 open the Third Eye for intuition and insight.*

5. Sit up with your legs crossed (Figure 63). The focus of the eyes is at the Third Eye. Do Long Light Breathing. Inhale, thinking "Sat," exhaling thinking "Nam." Time open.

6. Sit comfortably with your spine straight. Your arms are bent at the elbows so that the forearms are at a 60 degree angle to the body (Figure 77). Your index fingertips and thumb tips are meeting. The focus of the eyes is at the Third Eye. Powerfully chant: "God God God God." continuously.

Do this for 22 minutes. Inhale and hold the breath. Let the breath go and do Breath of Fire for 3 minutes. For the last 6 minutes breathe long and deeply meditating on the sound "God."

*This meditation is for the experience of God.*

POEM

*I have put my body on the line  
As a form of praise.  
And I offer it to you  
As a form of praise.  
In this equinox of Love  
With the alcohol of your Name  
In my blood.  
The evanescence of your presence—  
Cryptic as a waterfall on the sun.  
And the aridity of your absence  
Is my absinthe.  
It sharpens me  
Like the switchblades of April:  
Becoming thorn, becoming rose.*

—Ravi Singh

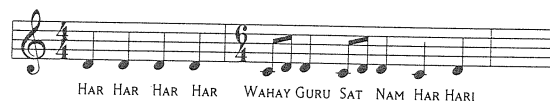
METHODS OF THE MASTERS





### MEDITATION TO WORK THROUGH MONEY BLOCKS

Sit comfortably with a straight spine. Inhale in 4 parts as you turn your head to either side twice. Left, right, left right. Then chant: *Har Har Har Har Wahay Guru Sat Nam Har Hari*. Continue this breathing/chanting cycle for as long as you'd like. An ideal time would be 31 minutes.



As you chant *Har* your mouth is open as if in a  $\frac{3}{4}$  yawn. Feel *Har* in the navel area. For emphasis, pull your navel in slightly with each *Har*.

Feel *Wahay Guru* resonate in the sternum area.

*Sat Nam* is felt at the throat.

Mentally place the singular *Har* at the brow.

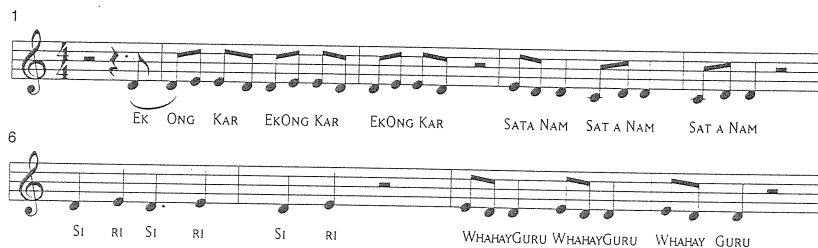
The next *Har* is felt in the top of the head.

Perceive *Hari* as resounding above the top of the head.

*A person's attitude towards money is usually indicative of deeper life issues, such as deservability, trust, fear of success or failure, and energy. This chant will help you become fiscally sound, a great giver, and gracious in receivership of the Universe's bounty.*

### MEDITATION TO MAKE YOU POSITIVE

Sit in a comfortable position with your spine straight. Your eyes are one tenth open looking down towards the tip of the nose. Chant: *Ek Ong Kar* three times then take a short inhale. Then chant *Sata Nam* three times and briefly inhale. Chant *Siri* (the "r" is pronounced almost like a "d") three times and quickly inhale. Finally, chant *Wahay Guru* 3. Continue chanting at a good pace and in a spirited way. Get into the spin of it. You may do this for as long a time as you care to.



*Positivity is a Godlike attribute. By maintaining your self in a positive mode you'll have reason to be positive.*

#### RECAPITULATION MEDITATION FOR SELF-FORGIVENESS

Sit in a comfortable pose and chant "Ma" continuously in a monotone. Feel your lips tingle as you create this sound. Also, feel the sound emanating from your sternum area. Listen to your voice create this sound of creativity and compassion. Do this for 11 minutes.

Now let the light of your Heart Center (at the sternum) fill your body. Be open and forgiving with yourself. Dive deeply into the waters of memory. Starting with the first year of your life, remember as much as you can, year by year. Be the dispassionate but compassionate witness.

#### MEDITATION TO BUILD A BODY OF LIGHT

Sit comfortably with a straight spine. Inhale in 4 parts. On each of the inhales, imagine white light streaming in through the top of the head. As you exhale (as slowly as possible) visualize your body emanating blue light, the color of a gas flame. Build your practice time to 31 minutes.

*This technique will enable you to cultivate an appreciation for the subtle. We were not born to be chained to earth, prisoners of density. Practice this and become light and open, a citizen of the great immensity.*

#### CENTERING MEDITATION FOR THE TRUE YOU

Sit comfortably with your hands pressed firmly together at the sternum in Prayer Pose. Your eyes are one tenth open gazing downward. Allow your personality and the particulars of your life to merge into the inner aspect of you. Center yourself in the beauty and silence of the Self. Gently ask your intellect to suspend all thoughts and concepts. It may be stormy on the ocean's surface but in the depths calmness reigns. Meditate in this manner for 11 to 31 minutes.

*Prayer Pose neutralizes energy in the body so that the inner and outer can interface. This meditation has a soothing effect on the personality. It enables you to commune with the Divine Being which is who you are. When this relationship is established, deep peace will permeate your life.*

*Listen wise man,  
The Lord is All Wonder,  
I cannot describe that One  
Who has entranced demi-gods,  
Men, celestial beings,  
And is Master over the 3 worlds.*

*The Sovereign's lyre plays unstruck.  
And through His kind glance  
One is enamored of that music.*

*I have obtained the 10th gate as a still  
With my mind as a golden vat.  
In that vat the extremely pure stream  
Of the Name's nectar trickles  
Distilling the essence of essences.*

*An incomparable thing has happened!  
My breath is the wine cup.  
The unique yogi drinks this wine.  
What king can equal him.  
The rest of the world is deluded with doubt;  
But my soul drinks the elixir of God.*

*from The Siri Guru Granth  
(The Holy Book of the Sikhs)*

## APPENDIX I - THE CHAKRAS

THESE ARE FOUNTAINS OF ENERGY WHICH LIE ALONG THE SPINE. EACH CHAKRA REPRESENTS AN ASPECT OF CONSCIOUSNESS, A MODE OF BEHAVIOR, A PERSPECTIVE, AND IS AN ETHERIC COUNTERPART TO AN IMPORTANT NERVE CENTER OR GLAND. YOUR UNDERSTANDING OF THIS MODEL WILL ENABLE YOU TO ASSESS WHERE YOU ARE ON THE PATH OF SELF-GROWTH.

THERE ARE EIGHT MAJOR CHAKRAS. WHEN OUR ENERGY IS FLOWING FREELY THROUGH ALL OF THEM, WE CAN EASILY BE COMPLETE AND FILLED. IT'S A MISNOMER TO INTERPRET THE "LOWER" CENTERS AS BAD AND THE "HIGHER" CENTERS AS GOOD.

IN EFFECT, THE CHAKRAS WORK IN PAIRS. THE FIRST AND THE SEVENTH (EARTH AND HEAVEN) MUST BE IN BALANCE. THE SECOND AND SIXTH (SEX AND SECOND SIGHT) MUST UNDERWRITE EACH OTHER. THE THIRD AND FOURTH (LOVE AND WILL) MUST BE MUTUALLY SUPPORTIVE, AND THE FIFTH AND EIGHTH (THE UNKNOWN AND KNOWN) MUST HARMONIZE.

### ***Earth & Heaven***

The First chakra is at the rectum. Its frequency corresponds to the color red, and its quality to the element earth. This center relates to elimination, instinct, survival, habits, and represents the realm of the quotidian, ordinary day-to-day life.

The First Center holds subconscious patterns. Deep insecurities, and neurotic or perverse behavior are examples of First Center imbalances. Positively aspected, the First Center allows us to be grounded, secure, and with a firm grasp on reality. When your energy is flowing freely through the First Center, we can use earth as a springboard to heaven.

The Seventh Center, at the top of the head, is called the Thousand Petalled Lotus, or the seat of the soul. Its relative frequency corresponds to the color violet. It relates to the pineal gland. When the Seventh Center is working, you feel part of the vastness of all that is. The experience here is ecstasy beyond words. When out of sync with the First Center a person is spacey, and cerebral.

### ***Sex & Sixth Sense***

The Second chakra is a nerve center that relates to the sex organ. Its frequency corresponds to the color orange, and its quality corresponds to that of water. It is the realm of sensation. When energy is flowing freely through this center, you are expressive, balanced in relationship, and have personal flare, and a sense of individuality. If energy is stuck at the Second Center, you tend to be overly-obsessed with sex and its cultural trappings, or overly puritanical in relation to it.

The Sixth Center is called the Third Eye or Ajna Chakra. Its frequency relates to the color indigo. Its quality is beyond quality. Through the Sixth Center, you master our minds and pierce the veil of illusion. Your awareness here is focus itself. The Third Eye corresponds to the pituitary gland. When the Third Eye is in balance, you have a meditative mind, the ability to know the Unknown, see the Unseen and an understanding of your Destiny. When out of sync with the Second Center one squanders energy at the expense of the subtle self.

### *Love & Will*

The Third Center corresponds to the Navel Point/Solar Plexus area. Its frequency corresponds to saffron-yellow, and its quality is that of fire. It is the seat of power, and is a reservoir for the energy of life. When energy is flowing freely through this center, you are focused, fearless, strong willed, and successful in life.

When the energy is blocked here, you tend to exploit others or are too easily exploited. There is also a tendency to be drunk on emotions, intensity, passion or power.

The Fourth Center is called the Heart Center. It lies in the area of the sternum. Its frequency corresponds to the color green and its quality to the element air. It relates to love, expansion, and the indefatigable nature of the human spirit.

When the Heart Center is open, you begin to get a sense of your Infinite identity. You have the capacity to sacrifice for the sake of sacrifice, and love unqualifiedly. The Heart Center is the first center of higher consciousness.

When these two centers are not in balance one is either incapable of saying no, overextend and/or overwhelmed by feelings or hardhearted, lacking of compassion, or manic.

### *The Known & Unknown*

The Fifth Center is the Throat Center, which relates to the thyroid gland. Its frequency corresponds to the color light blue and its quality to the element ether. Through the Throat Center you give substance to idea. It is the seat of creativity.

When energy is flowing through the Throat Center, you have the ability to command, and speak eloquently, and are able to translate concepts into reality, speak the truth and live the truth. When the Throat Center is blocked, you feel creatively stifled, and have difficulty being direct and truthful in your dealings with others.

The Eighth Center is your aura, and represents the working balance of all the centers, your ability to integrate higher conscious into your presence and projection.

When these two centers are not in balance you either say a lot but have nothing to say, or know everything but can't express it.

## APPENDIX 2 - KUNDALINI YOGA MANTRAS

MANY OF THE MANTRAS WHICH FOLLOW WERE NOT PRESENTED IN THIS BOOK BUT PLAY AN IMPORTANT ROLE IN MANY KUNDALINI YOGA TECHNIQUES. IF YOU CONTINUE YOUR PRACTICE THROUGH OUR TEACHING CENTERS, OR OBTAIN SOME OF THE ADDITIONAL BOOKS AND TAPES WE OFFER, YOU'LL NO DOUBT ENCOUNTER SOME OF THESE.

**Ad Guray Namay, Jugad Guray Namay, Sat Guray Namay, Siri Guru Dev A Namay** - I Bow to the Primal Wisdom, I Bow to the Wisdom Through the Ages, I Bow to the True Wisdom, I Bow to the Great Unseen Wisdom.

*This mantra exerts a protective influence and is said to give one a 7 second leeway in time and space. It also will help you attract positive people and opportunities.*

**Ap Sahae Ho Suchay Da Such A Doa** - I Take Refuge in the True One; The True One is My True Support, God, God, God.

*This is for prosperity, self-esteem, inner peace and world peace.*

**\*Ek Ong Kar, Sat Nam, Siri Wahe Guru** - There is One Creator Who is Your True Identity. There are No Words for that Wisdom Which is Ecstasy.

*This mantra is for Self-Liberation.*

**Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhau, Nir Vair, Akal Mort, Ajuni, Say Bhang, Gurprasad, Jap, Ad Such, Jugad Such, Habee Such, Nanaka Hosee Be Such** - There's One Creator, The Doer of Everything, Fearless, Revengeless, Unborn, Undying, and Self-Illumined, This is Revealed Through the True Guru's Grace. Meditate!, True in the Beginning, True Through All Time, True Now, O Nanak the True One Shall Ever be True.

*This mantra enables one to confirm their identity as a sovereign soul.*

**Gobinday, Mukunday, Udaray, Uparay, Hariang, Kariang, Near-Nomay, Akamay** - Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless.

*This is called the Saraba Shakti (All Powerful) mantra and gives one the power to work through blocks in their Destiny.*

**\*Guru Guru Wahay Guru, Guru Ram Das Guru** - The Wisdom and Grace the Universe Grants to Those Who in Sweet Surrender Serve.

*This is for healing, miracles, humility, and mastery. It calls upon the frequency of Guru Ram Das, the patron Saint of Kundalini Yoga.*

**Har** - The Creative Aspect of Infinity

*Har is for prosperity and personal power.*

**Ong Namu Guru Dev Namu** - Infinite Creative Consciousness I Call on You, Divine Wisdom Within I Call on You.

*This one's good for guidance, creative inspiration, and protection.*

**\*Raakhe Rakhanhaar aap ubaarian, Gur kee pairee paaee kaaj savaarian, Ho aap dayaal manho naa visaarian, Saadh janaa kai sang bhavajal taarian, Saakat nindak dusht khin maahay bidaarian, Tis saahib kee tayk Nanak manai aahay, Jis simrat sukh ho-e sagalay dookh jaahay** - O Saviour Lord: save us and take us across. Uplifting and bestowing excellence, You gave us the touch of the Guru's lotus feet and our works are embellished. You are merciful, kind, & compassionate to us and our minds do not forget you. You carry us across in the company of the holy, protecting us from calamity, misfortune, and slander. You decimate the enemies of the Pure Ones. O Nanak hold firm in your mind. Remembering him in meditation brings happiness and pain and sorrow vanish.

*This will protect you from all forms of negativity.*

**Ra Ma Da Sa Sa Say So Hung** - Sun, Moon, Earth, Infinity, I am that Infinity I belong to and contain.

*This is a powerful healing mantra which balances the 5 elements.*

**Sat Nam** - True Identity

*Sat Nam is a seed mantra for seekers of Truth on the path of Truth.*

**Sa Ta Na Ma** - Existence, Life, Death, Rebirth

*This is Sat Nam in its atomic components. Within these sounds all of Creation resides. Thus it's good for creativity. It's also for balance on all levels.*

**\*Sat Siri Siri Akal Siri Akal Maha Akal Maha Akal Sat Nam Akal Moort Wahay Guru** - The Great Undying Indescribable Aspect of God

*This mantra will take away your fear of death and give you the power to inspire others to be fearless.*

**\*Wahay Guru, Wahay Guru, Wahay Guru, Wahay Jeo** - O my Soul God is.

*This mantra helps you become friends with your soul.*

**Wahay Guru** - Ecstasy Beyond Words

*This is one of the most powerful mantras. It's for mental mastery and the experience of Infinity.*

**\*Wha Yantay, Kar Yantay, Juga Duta Patee, Adaka It Whaha, Brahmaday, Traysha Guru, It a Wahay Guru** - Great Macroself, Creative Self, All That is Creative Through Time, All That is the Great One, Three Aspects of God (Generating, Organizing, Destroying) are contained in Wahay Guru.

*This one is for self-esteem and intuitive prowess.*

*\*These mantras constitute the current morning Sadhana or daily discipline. They help us stand the test of the times and prepare us to make the transition into the Aquarian age when the shift towards the subtle is imperative.*

Many of the mantras presented in this book, along with other inspiring offerings, can be enjoyed on tape with musical accompaniment. For more information, call Golden Temple Recordings (505)753-5603 or Invincible Recordings at 1-800-275-2022.



*Through Kundalini Yoga  
We expand the horizon of our consciousness  
Towards Grace and Truth.  
Then we can smoothly plan our lives  
And radiate creativity & the experience of Infinity.*

*In spiritual language:  
When the Divine Source prevails  
And projects the light of God through us,  
Darkness departs,  
And wherever we go  
There shall be light, beauty, bounty, & fulfillment.*

*—Yogi Bhajan*

### APPENDIX 3 - ABOUT YOGI BHAJAN

KUNDALINI YOGA WAS FIRST TAUGHT IN THE WEST BY YOGI BHAJAN, PH.D, WHO IN 1969, RECOGNIZED THAT THE YOUNG PEOPLE IN AMERICA, WHO WERE EXPERIMENTING WITH DRUGS AND ALTERNATIVE LIFESTYLES, NEEDED SOMETHING TANGIBLE TO QUENCH THEIR INNER THIRST. HIS DECISION TO TEACH KUNDALINI YOGA WAS SOMEWHAT MOMENTOUS, BECAUSE IT HAD NEVER BEEN TAUGHT OPENLY BEFORE.

YOGI BHAJAN CONTENTS THAT IN THIS TIME OF GREAT TRANSITION AND TRANSFORMATION (WHICH MANY ARE CALLING THE ONSET OF THE AQUARIAN AGE), SECRET PRACTICES AND SOCIETIES ARE NO LONGER INDICATED. HE FEELS THAT EVERY PERSON HAS AN INHERENT BIRTHRIGHT TO BE HEALTHY AND HAPPY, AND THE MEANS TOWARDS THE REALIZATION OF THIS IS WITHIN EACH OF US.

YOGI BHAJAN IS THE RECOGNIZED MASTER OF KUNDALINI AND WHITE TANTRIC YOGAS. HE HAS DEDICATED HIS LIFE, NOT TO GATHERING DISCIPLES, BUT TO TRAINING TEACHERS, SO THAT THIS TECHNOLOGY OF SPIRIT CAN BRING HEALING AND HOPE TO A WORLD IN TRANSITION.

YOGI BHAJAN TEACHES ON A REGULAR BASIS. CALL (505)753-6341 FOR INFORMATION ON HIS CLASSES.

#### APPENDIX 4 - KUNDALINI YOGA TEACHING CENTERS

NO MATTER WHERE YOU LIVE ON PLANET EARTH, CHANCES ARE THAT KUNDALINI YOGA CLASSES ARE GIVEN SOMEWHERE NEAR YOU. FOR MORE INFORMATION, PLEASE CONTACT EITHER OF THE FOLLOWING:

3HO-Foundation

Ravi Singh

International Headquarters  
P.O.B. 351149  
Los Angeles, California 90035  
(310) 552-3416

The Kundalini Yoga Center  
401 Lafayette St. 3rd Fl.  
New York, NY 10003  
(212) 475-0212

SOME OF OUR ACTIVITIES INCLUDE SUMMER AND WINTER SOLSTICE YOGA RETREATS, SPECIAL SEMINARS WORLDWIDE, AS WELL AS A HOST OF REGIONAL CLASSES AND SERVICES. THE 3HO FOUNDATION, WHICH IS COMPRISED OF KUNDALINI YOGA TEACHERS AND CENTERS, IS THE LARGEST ACCREDITED YOGA TEACHERS' ORGANIZATION IN THE WORLD.

*Ravi Singh has the following books and video's available:*

**Books:**

- Long Song to the One I Love (Poetry) - \$8.95*
- Kundalini Yoga for Body, Mind, & Beyond - \$15.95*
- Kundalini Yoga for Strength, Success, & Spirit - \$15.95*

**Videotapes:**

- Ultimate Stretch/Warrior Workout - \$29.95*
- The Kundalini Experience - \$29.95*
- Long Live You! - \$28.95*
- Navel Power - \$28.95*
- Golden Yoga (for Seniors) - \$28.95*
- Yoga Now! Kundalini Yoga w/Ravi Singh - \$28.95*
- The Highest Step (Kundalini Yoga for Self-Deliverance) - \$28.95*
- A.M./P.M. Yoga - \$28.95*

For Information on Ravi Singh's classes or to order the books and tapes listed above (Visa/MC accepted), call 1-800-243-9642 or write: White Lion Press  
225 E. 5th St. #4D New York, New York 10003

THIS BEAUTIFULLY CRAFTED KUNDALINI YOGA WORKOUT BOOK INCLUDES SETS AND MEDITATIONS CAPITALIZING ON EACH DAY'S ENERGY. MONDAY'S SET IS FOR EMOTIONAL BALANCE. TUESDAY'S TURNS ANGER INTO INSPIRATION ETC. GREAT PHOTOGRAPHS AND RAVI SINGH'S INSPIRED WRITING MAKE THIS MORE THAN JUST ANOTHER YOGA BOOK.

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RAVI SINGH HAS TAUGHT IN NYC & NATIONWIDE FOR 20 YEARS. HE IS THE AUTHOR OF MANY BOOKS AND VIDEO'S. HIS ABILITY TO TRANSLATE THE ANCIENT SCIENCE OF YOGA INTO A MODERN FRAMEWORK HAS WON HIM WIDE ACCLAIM.



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